MÜVMAG

PARKOUR CULTURE

JUN MMXIX

ISSÜ 2

MÜV MAGAZINE

PARKOUR CULTURE

ISSÜ 2

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THE TEAM

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FROM THE TEAM

We left a mark in history this year as we released the first ISSÜ of MÜVMAG, but that was just the beginning now we took it a step further as we released the second ISSÜ of our quarterly publication.

ISSÜ 2 built upon the best of the first and improved on the things we didn't like so much, and while it'll always be a work in progress, we hit some pretty hefty strides this time around. This one was a hell of a challenge for us as we gave ourselves a two-week deadline to curate and create the material, which we were able to meet besides some of the minor design details.

After five years of what has felt like an endless process, people keep telling us that MÜVMAG is the Thrasher of the parkour world, and while we do hope that is what this becomes, that's only the first step.

ANDREW OBENREDER | FOUNDER OF MÜVMAG

FW18 SPACES

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KENT JOHNS

– MÜVS PRO TEAM

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PHOTOGRAPHY – MICHAEL GRAEF @MIKEYGRAEF FEATURED – KENT JOHNS @KENTJUMPS

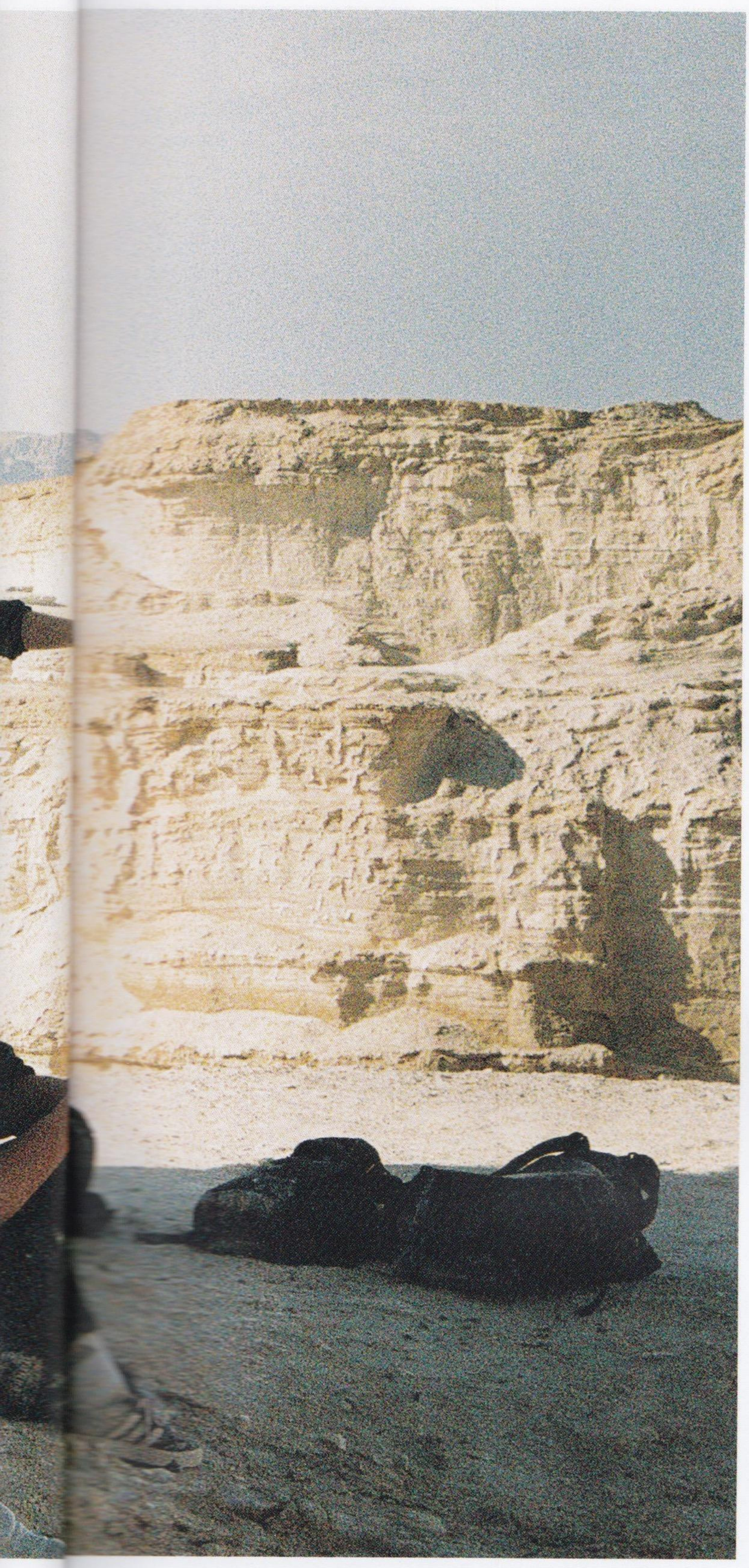
STORROR

MISSION

DESERT RAMPAGE

LOCATION: DEAD SEA

SINNER



STORY + PHOTOGRAPHY BY **DREW TAYLOR**

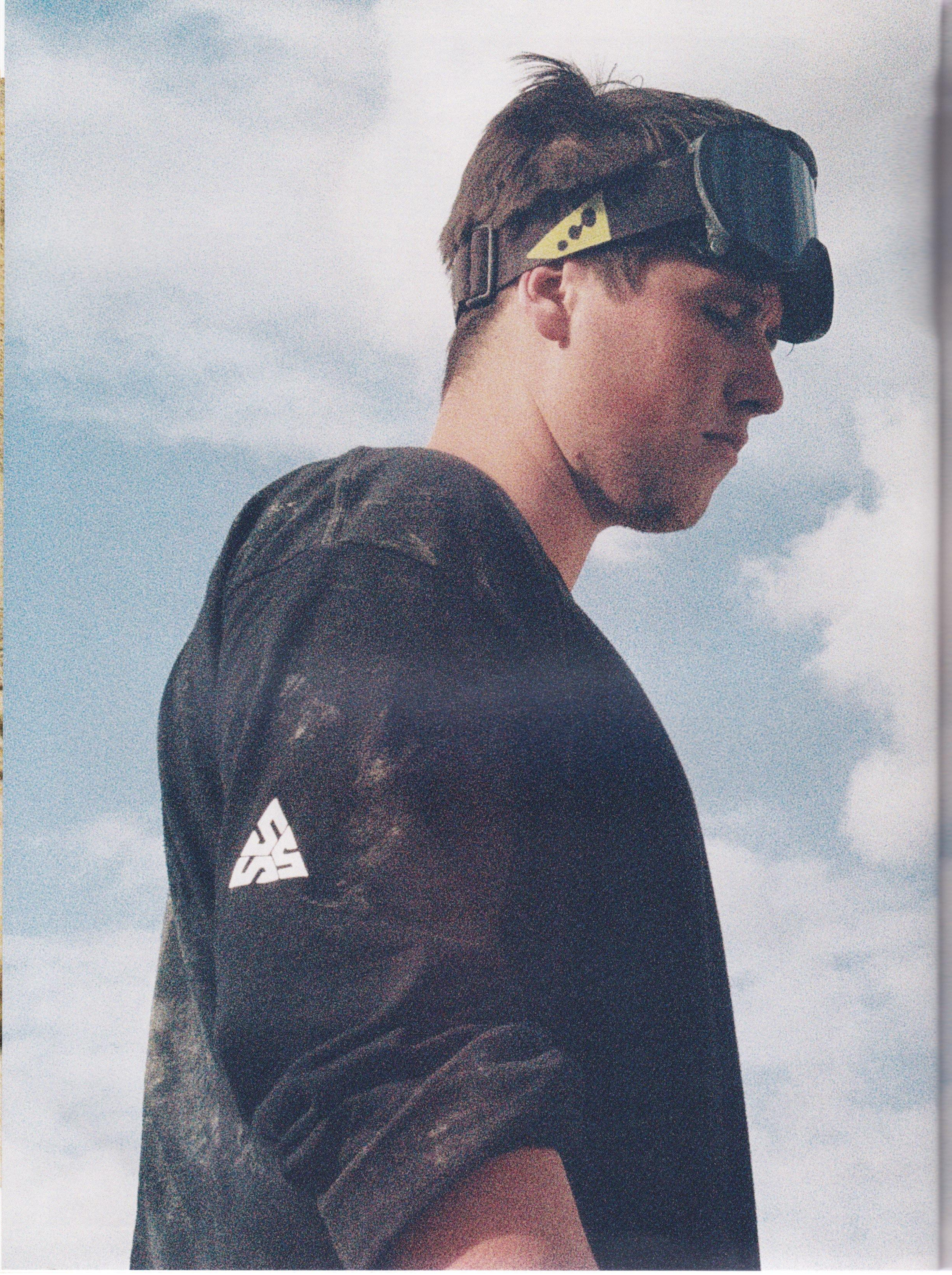
We actually came across the desert location by pure accident. Way back in 2015 we were in Israel and Palestine for our Holy Land series. We had covered enough of the story side of things and needed to get some action footage. After a quick google image search of unusual locations nearby, we quickly came across images of this abandoned monument on top of a mountain in southern Israel. We ventured down south by bus, and as we were approaching our stop, one of us woke everyone else up and insisted we looked out the window.

What we were driving past was one of the most bizarre landscapes we had ever come across. For 10 or 15 minutes, we were speeding past acres and acres of flowing sand canyons seemingly randomly in the middle of the desert. We jumped off the bus and completely disregarded the monument we had actually travelled for and walked straight into the canyons.

We were mainly blown away by the texture - the surface is sort of super fine dust that when rained on and dried out forms a crust on the top layer. What that meant was it was perfectly firm enough for run-ups and takeoffs, but you could churn it up for super soft landings.

On this first trip, we obviously hadn't planned on stumbling across such a unique location. We filmed what we could with the limited time we had, and planned to come back as soon as possible to do it proper justice. For the years since 2015, this concept was high up on the priorities list - and we were waiting for timing with other projects to fall into place so we could get back there. Stuff worked out at the beginning of this year, and we hopped straight on a flight.

XPLOR



SINNER

The intention going into the trip was to match super heavy levels of cinematography with some crazy movement that is only possible in that location. We knew that this place was perfect for a certain style, and we had five days to figure that out and capture it. I guess we all had an idea of what the video would be like based on our Parkour on Mars video, but I don't think any of us had realised how much we had progressed as athletes, as filmmakers, and as a team since then.

In big part due to Roof Culture Asia, our process has been really refined. Our understanding of movement and how to capture it had developed so much since we were first in Masada. What that meant was the concept had room to evolve into a new vision of what parkour can be - something that was a surprise even to us.

Those five days we had to shoot were some of the most fun training days EVER. It was so novel to be in a place where we couldn't be kicked off, had no security guards, and really easy access to anywhere we wanted to go! The only part which wasn't as fun was the insane levels of dirt - literally every part of us was covered in a layer of dust. We were also breathing in crazy amounts of it, which resulted in some pretty savage coughs. We would come back every night, shower, put on clean clothes, then eat dinner as a team and go through the selects of that day to decide what we needed to get in the following day's shoot.

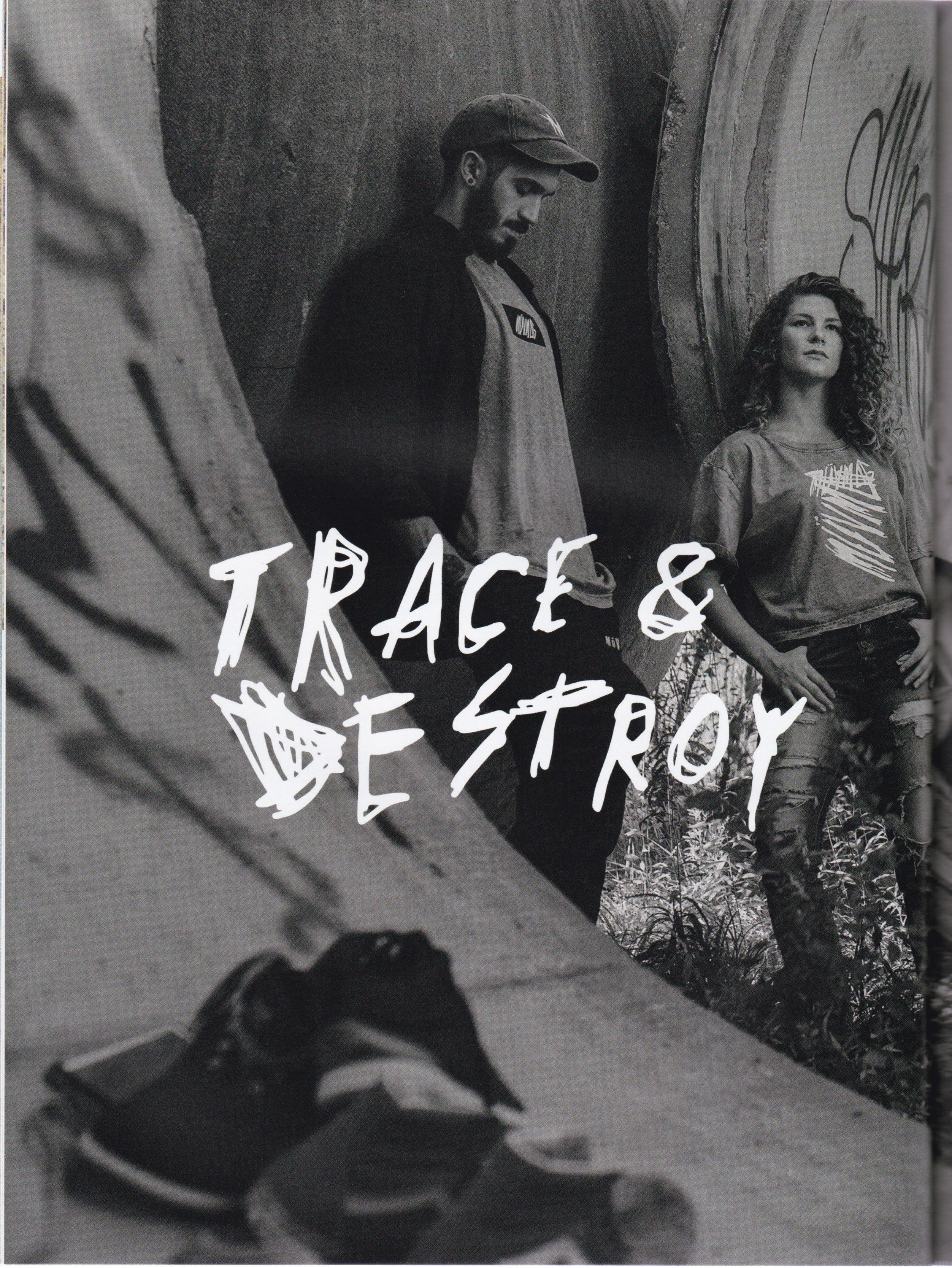
Really, we want to avoid being too prescriptive about the style and interpretation of what we did out there - it's cool to kind of leave it to speak for itself. All I can say is we are so fucking stoked that the timing worked out so we could create something that outdid even our expectations.

STORROR.COM

@STORROR @DREWFTAYLOR

STORROR:
DESERT PARKOUR
RAMPAGE

PHOTOGRAPHY - DREW TAYLOR


TRACE &
DESTROY

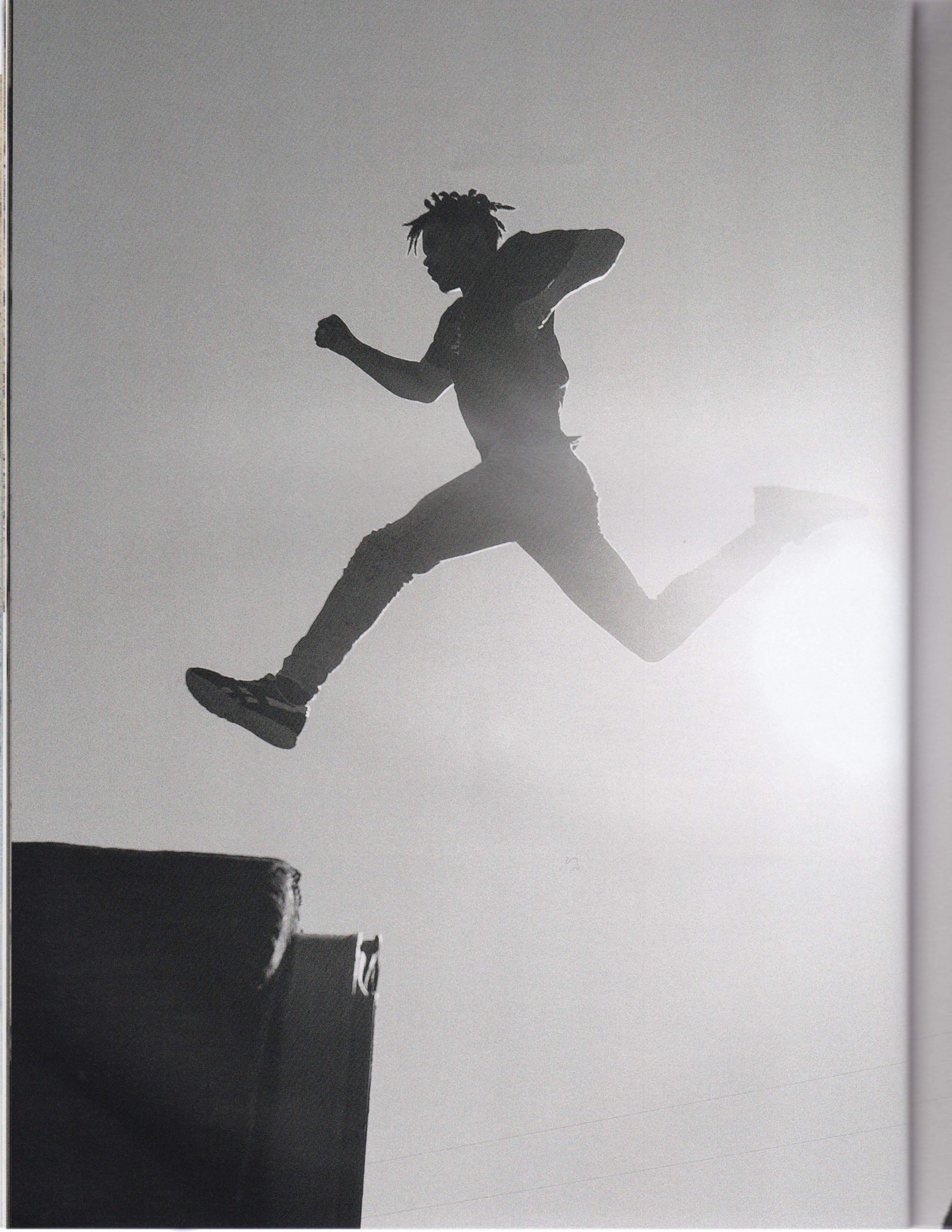
TRACE &
DESTROY

AYE
LACE 'EM UP, LACE 'EM UP,
LACE 'EM UP, TRACE 'EM
RIPPED UP SHOES SHOW HOW QUICKLY
I'M PACIN'

TRACE & DESTROY

CHOOSE A PATH — CREATE THE WAY
YOU NEVER KNOW WHERE IT WILL GO
BUT FOLLOW IT ANYWAYS
JUST LISTEN TO YOUR HEART - IT KNOWS
THE ROAD MAY BECOME LONG AND WINDING,
DIM AND GREY, BUT DO NOT STRAY
JUST RUN, RUN, RUN!
PRESS ONWARD THROUGH THE INTERNAL MELEE
& DESTROY ALL CHALLENGES THAT YOU FACE
YET LEAVE NO TRACE.

MüVMAG PARKOUR CULTURE T&D



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MÜVMAG PRO TEAM PROFILE

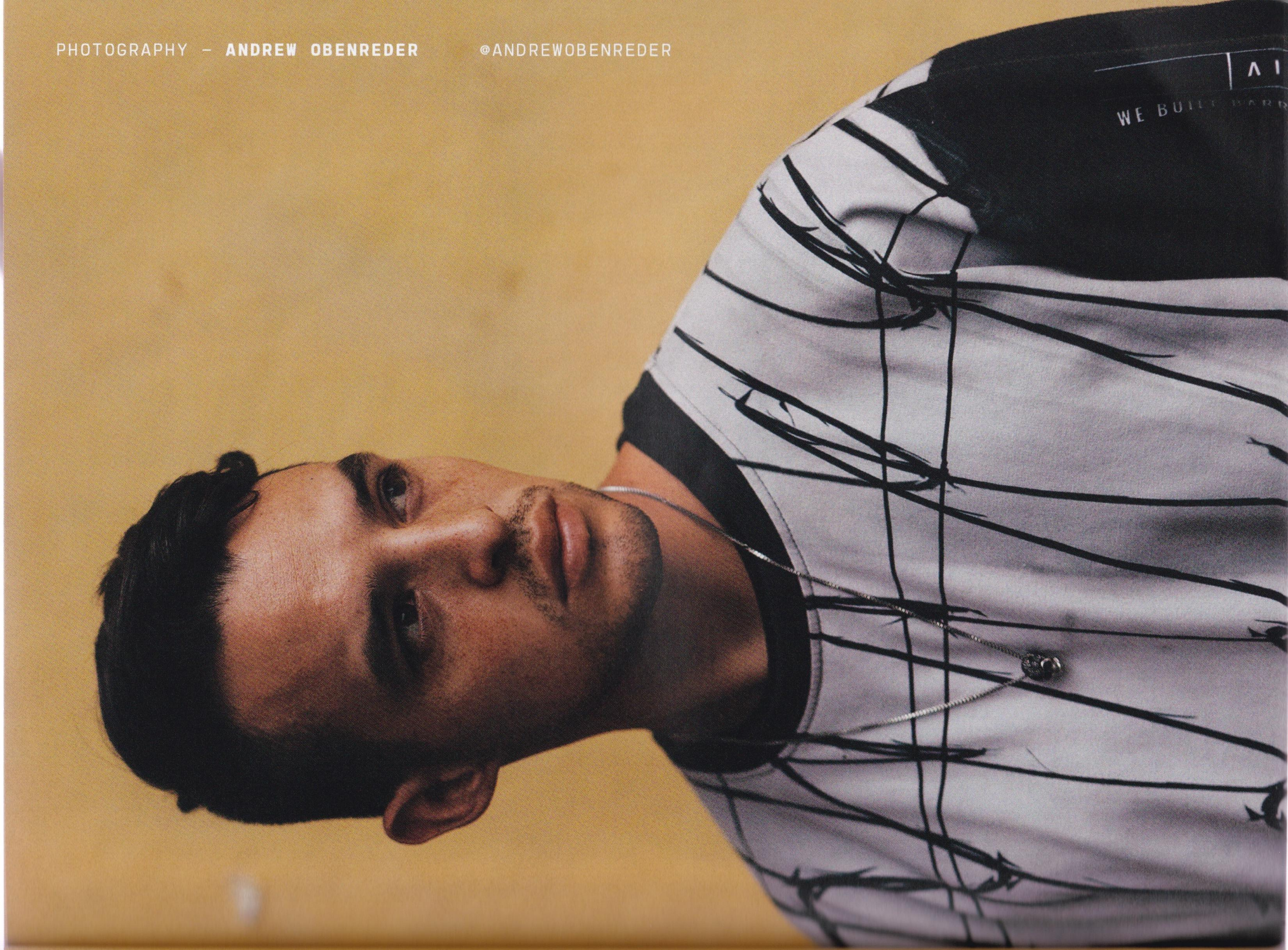
MAURICIO LOPEZ

müvs

INTERVIEW

ANDREW OBENREDER

PHOTOGRAPHY – **ANDREW OBENREDER** @ANDREWOBENREDER



adidas

Who the fuck is Mau?

I'm Mau Wow - I'm 29 years old, have a monkey soul, I love parkour, Super Smash Bros., sneakers, urban art, fashion, and brownies.

How long have you been training, and what got you into parkour to begin with?

I have been training for 12 years. Ever since I can remember, I've loved to climb everything, and as soon as I saw that parkour existed, I looked for how to practice it.

Do you love bars or do you love bars? Why do you love bars so much? Rumor has it that your part monkey, is it true?

I am all monkey, and what monkey does not like to hang?

Aside from bars, what do you love most about parkour?

The bars are just the tool. I love parkour for the freedom that it gives us. It is a sport where you can always do something new, where I always have fun and in which my inner monkey is kept alive.

What does Mau do outside of parkour?

Actually, parkour is always present: I live parkour and work outside of it as a stuntman. I like to train my physique too, and when I'm not doing any of that, I'll be spending time with my girlfriend and friends, watching Netflix or playing Ninento Switch. I also like cooking and reading about fashion, technology, and urban art.

Who is your favorite Super Smash character and why?

Definitely Link, because Zelda is my favorite series of video games, and also King Dedede for his fat and clumsy appearance.

Who are your top five favorite music artists?

Kanye West, Kid Cudi, Frank Ocean, Kendrick Lamar, and Lil Wayne.

If you could only watch one parkour video for the rest of your life, which would it be?

Oleg Vorslav's Out of Time has always been my favorite.

Who are some of your favorite athletes to watch and why? Is there anyone you feel most people don't know about but should be watching?

I am very bad with names, although I follow many people. Some that I remember and that I really like to see are Oleg Vorslav, Endijs Miscenko, Shade, Elis Torhall, Nate Weston, Jared Nahulu, Darryl Stingley, Tim Champion, and Baityk.

What are your favorite foods to cook?

Literally everything, but salmon is probably my favorite.

Would you rather: eat all your meals as a smoothie or eat all your meals raw?

Raw. I'm more of an animal.

MAU WOW -
MONKEY SOUL

LET YOURSELF SWING

Tell me about one of your favorite professional projects you have worked on.

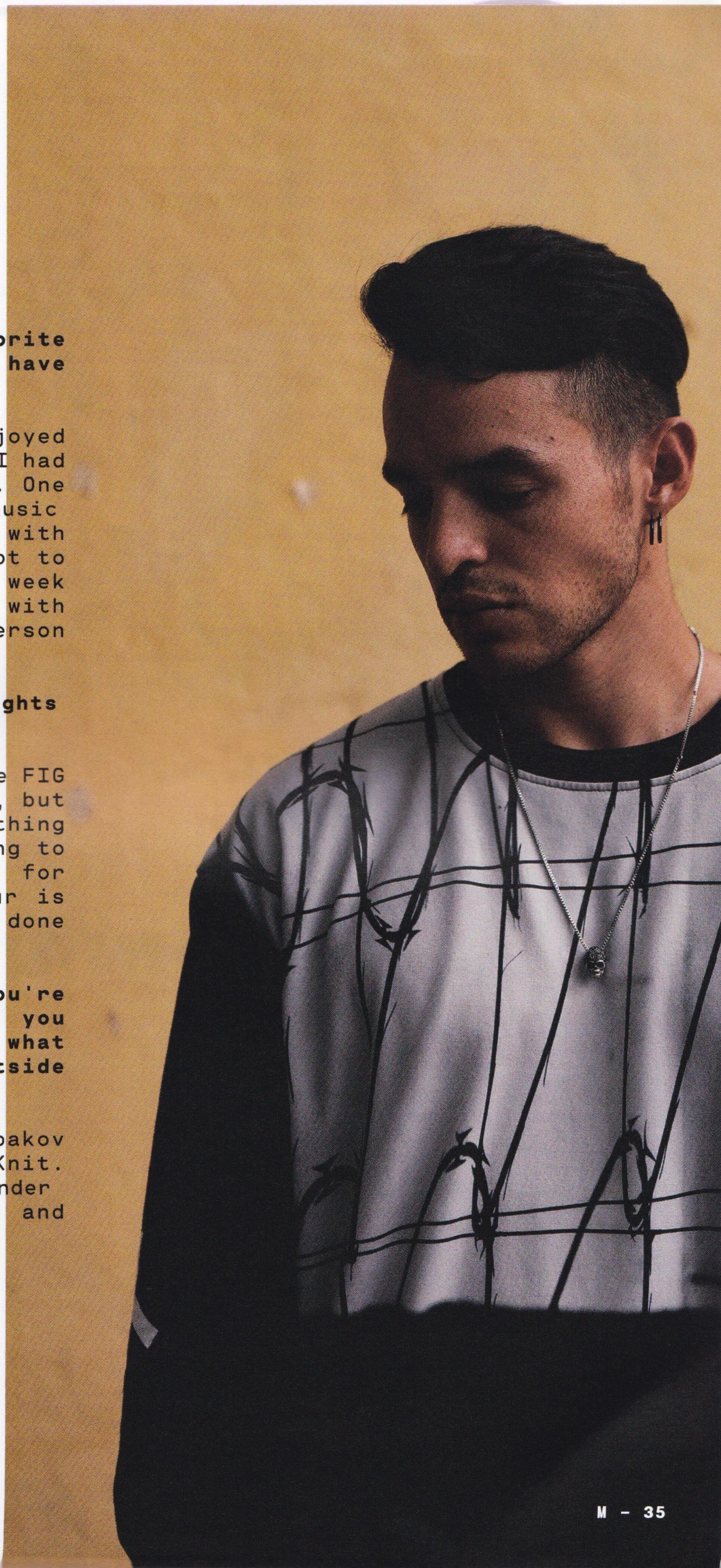
The projects that I have enjoyed the most are those in which I had to do parkour as the stunts. One of the most enjoyable was the music video of Wisin and Yandel with Jennifer Lopez, because I got to do parkour for more than a week and I got to meet and work with other athletes like Pip Anderson and Ben Jenkins.

FIG? No FIG? What are your thoughts on the gymnastics takeover?

I do not like the idea of the FIG taking control over parkour, but I also know that it is something inevitable, and if it's going to happen, I think it's best for people who know what parkour is to be involved so that it's done in the best possible way.

What about shoes? I know you're into your kicks. What are you training in these days, and what are your freshest kicks outside of parkour?

I am training with the Sobakov from Adidas and Puma Breaker Knit. Outside of parkour I love Alexander Wang, Yohi Yamamoto, Sacai, and Undercover.



MAU WOW MÜVS - PRO TEAM PROFILE

If you could do anything with parkour or what you have learned from it, what would it be?

Well, I dedicate my entire life to what I enjoy. That's why I work in parkour and stunts. I think that's what it's about - to enjoy life doing what you like.

If you could change one thing about the world, what would it be?

I would like for everybody to be conscious about what happens to the environment, pollution is a huge problem, very prevalent and advanced, so it is definitely something that I would like to change.

Actually, there are many things that are not good in the world, but I think that for the moment, this is the most prevalent.

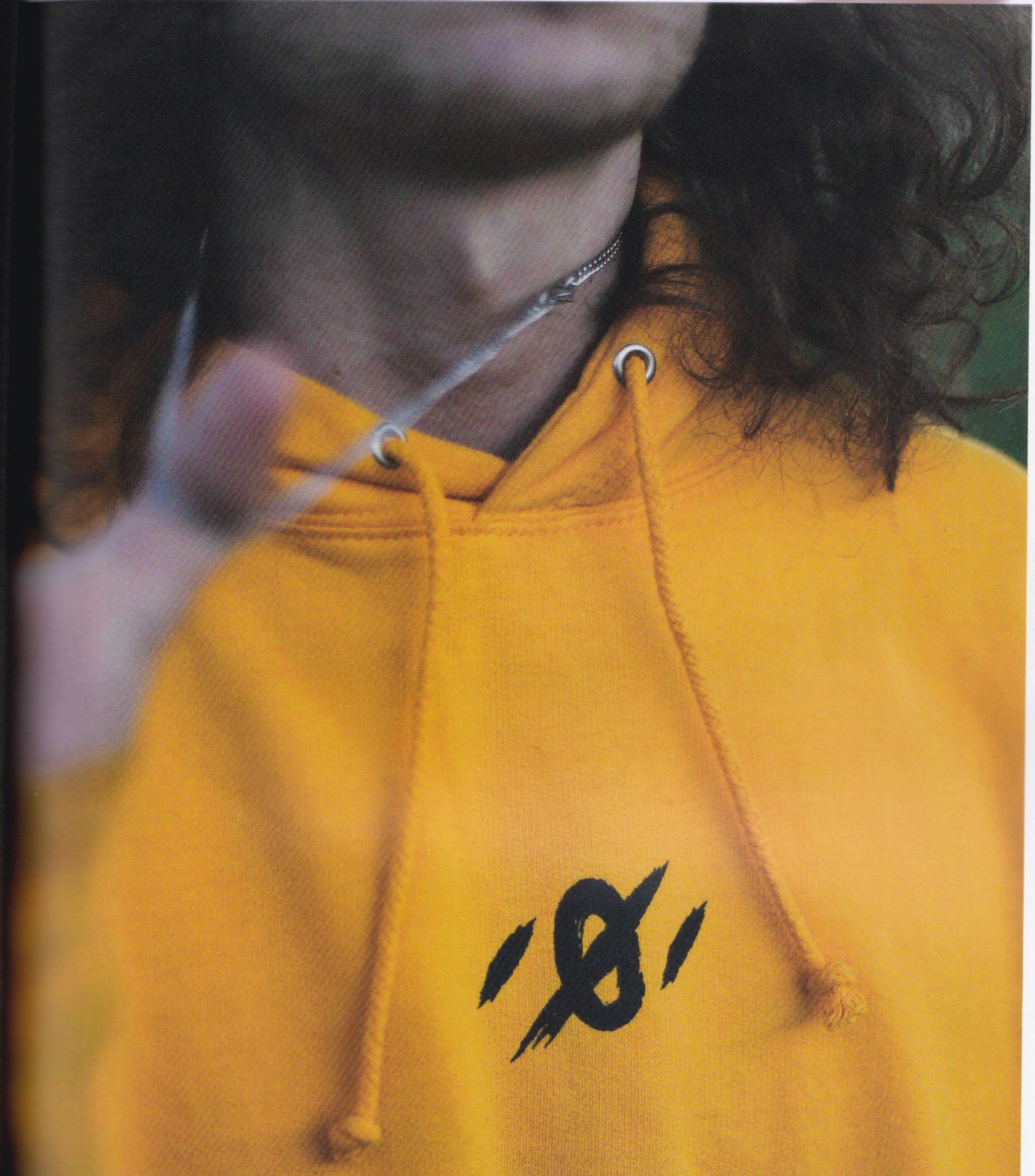
FOLLOW:

@MAUWOW

@ANDREWMUVS
@ANDREWOBENREDER

FEATURED - **ELIJAH MULLER** @ELIJAHMULLER

PHOTOGRAPHY - **CASEY WILSON** @CASEYWLSN



THE MOTUS PROJECTS

WINTER HOODIE - GOLD

Elijah Muller of the Try Hard Collective rocking the Motus Projects oversized gold Winter Hoodie. This classic print layout features new styles of the Motus Projects icon and text logos.

NIELS, AN OLDSCHOOL PRACTITIONER WHO HAS BEEN TRAINING FOR ABOUT 10 YEARS, FAILING AT BELGIUM'S VERSION OF THE FAMOUS SUICIDE WALLRUN.

PHOTO - WOUTER DE MOL WOUTERDEMOL.BE @WOUTER_DM

FEMPIE
HAND
fB

TWO YOUNGSTERS, ARTUUR AND VINCENT,
PREPPING A DESCENT.

PREPPING A DESCENT.

PEOPLE OF PARKOUR

JULIUS PORTER

STERILE

So I really look up to Darryl Stingley - I think he's really a fucking dope ass athlete. I love watching him move and aspire to move similarly. Not necessarily the same movements, it's just like his power and technique. I was doing this line that was heavily inspired by Darryl and in one part of it was this plyo to pole cat. It was probably 4 or 5 feet off of the ground where my feet hit the pole, or I guess where my torso it the pole. One of the times, I messed up my footing for the plyo, so I was focused on that, and when I went for the cat, my foot just slipped off the side, and I bear-hugged the fucking pole as I basically did a fireman slide down with my nuts. And below, there were these large bolts, and there was just nothing I could have done. Luckily, I was in the right spot so it only got my cheeks instead of my butt hole because that would have ended the whole sesh. I probably would have quit parkour after that. There were scars on my buttcheeks - it was like the red ring of death on my ass. I think that was maybe one of the experiences that made me step back because I haven't been pushing that hard recently.

This is by far the worst - for sure the worst nut busting experience I have ever had. This time I actually thought that I was going to have testicular cancer, or I popped this shit like a grape or something. I was actually afraid. All the other times, yeah it hurt, but I was able to get the fuck back up and keep doing what I was doing. This time I was done. I was just like, nope, I need to go home.

So I was doing this rail slide because rail slides are kind of cool, they do those in rollerblading, and I thought I could do those on my feet. So I've done a few before without actually falling on my nuts, but this time, I guess it had just been a while since the last time I've done it. So I began prepping it by using my hand during the slide, and I think it was actually the very first time that I actually tried without touching my hands, but one of my feet just wasn't in the right spot, and I just fucking slipped off. I turned and fell straight down on to my left nut, but because it was an angled rail, I kept moving. My nut gets pushed forward as I'm moving down, gets steamrolled over, and then the rest of the grind down the rail is just on my taint until I hit the bottom. It wasn't a long rail, but that shit felt long as fuck.

FOLLOW: @JEWYJUTSU

M - 52

BOUNTY

story BY ANDREW ~~CLABEA~~ OBENREDER

WHAT IT IS LIKE
UNINTENTIONALLY
LIVING AS THE SHADOW
OF ANOTHER PERSON
WHEN YOU AREN'T
THEM.

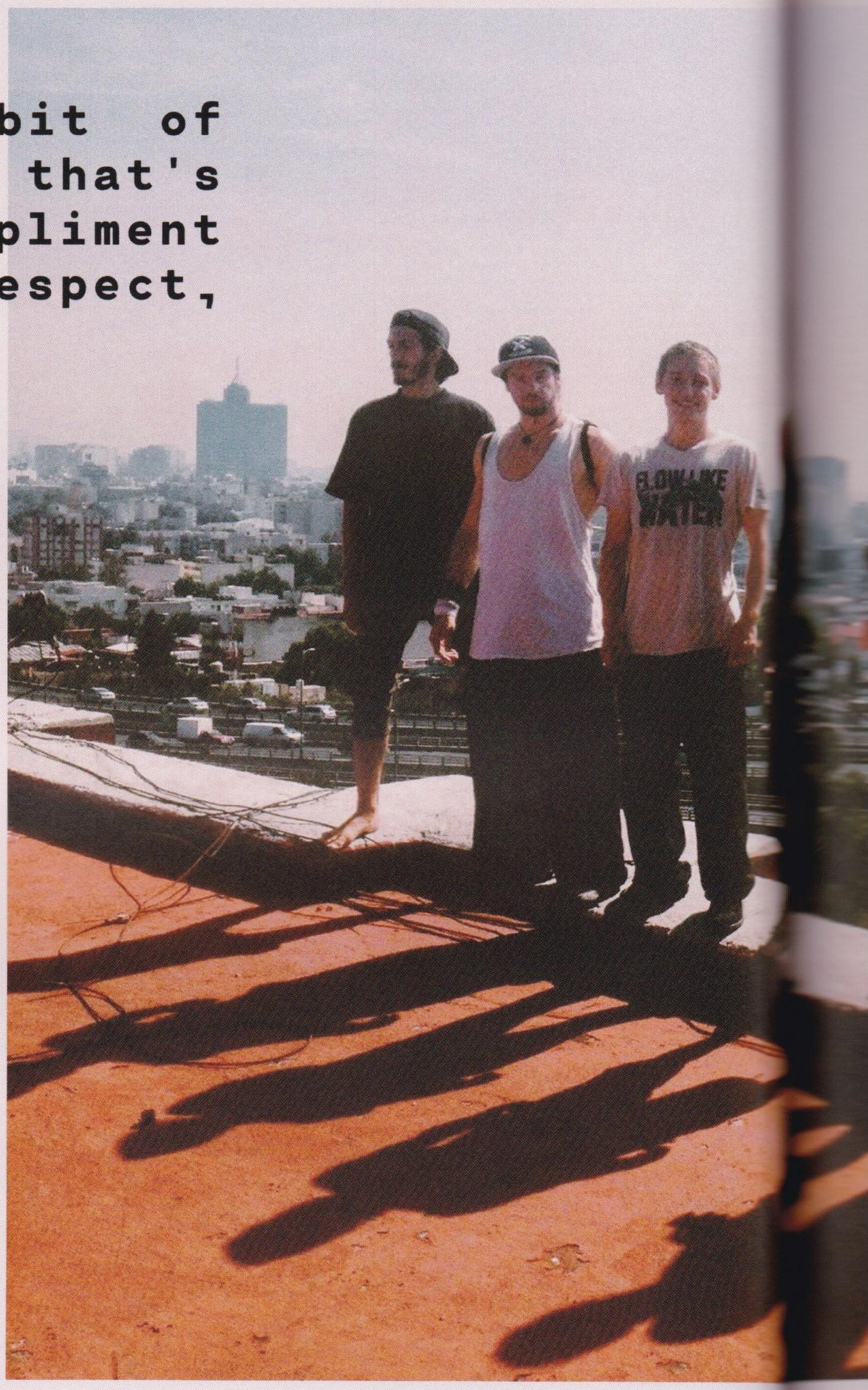
For as long as I can remember, I've been Daniel Ilabaca - but not by choice. As long as I have been involved in the global parkour community, others have constantly likened me to that of Danny, among others.

"Reminds me a bit of Ilabaca! I think that's the greatest compliment you can get. Respect, good work!"

Sure, we have a similar physical appearance - which has its roots in our shared ethnic origins, and our movement has had some resemblance over the years, most likely due to our body types and shared interests. But for me, it's never been a compliment.

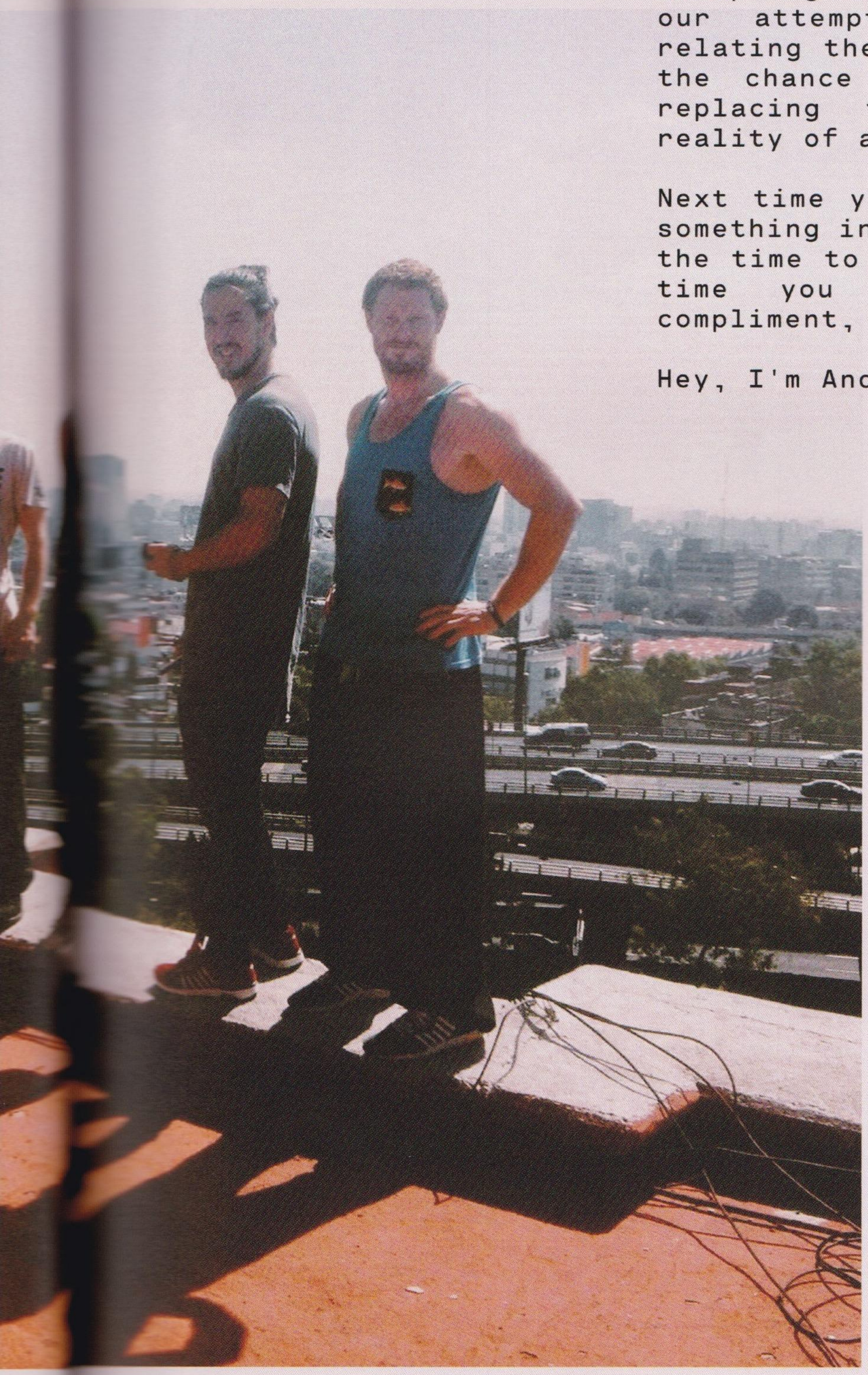
"Reminds me of Daniel Ilabaca. Movement and visual aspects."

Daniel is a friend and someone I respect for his contributions to parkour and someone who has done many interesting things with his life, but he is his own person, just as I am. I too have lived a life filled with exciting experiences, many in which we can relate, many which are vastly different to his, yet I'm constantly likened to that of another person.



This happens far too often in parkour, but it's definitely a broader issue. We are always trying to relate to better understand or feel closer to something, but in the process,

we discredit the thing we are speaking about by putting someone or something above it.



We say this band sounds like another band instead of talking about why we like the music, or that the food we are currently eating is not as good as something from another restaurant. We create so much unnecessary competition instead of accepting things for what they are, and in our attempt to understand someone by relating them to another, we possibly lose the chance to truly understand them by replacing that understanding with the reality of another.

Next time you consider putting someone or something into a familiar box, why not take the time to get to know them instead? Next time you want to give somebody a compliment, try and make it about them.

Hey, I'm Andrew! And you are?

FOLLOW:

@ANDREWMUVS
@DANIELILABACA

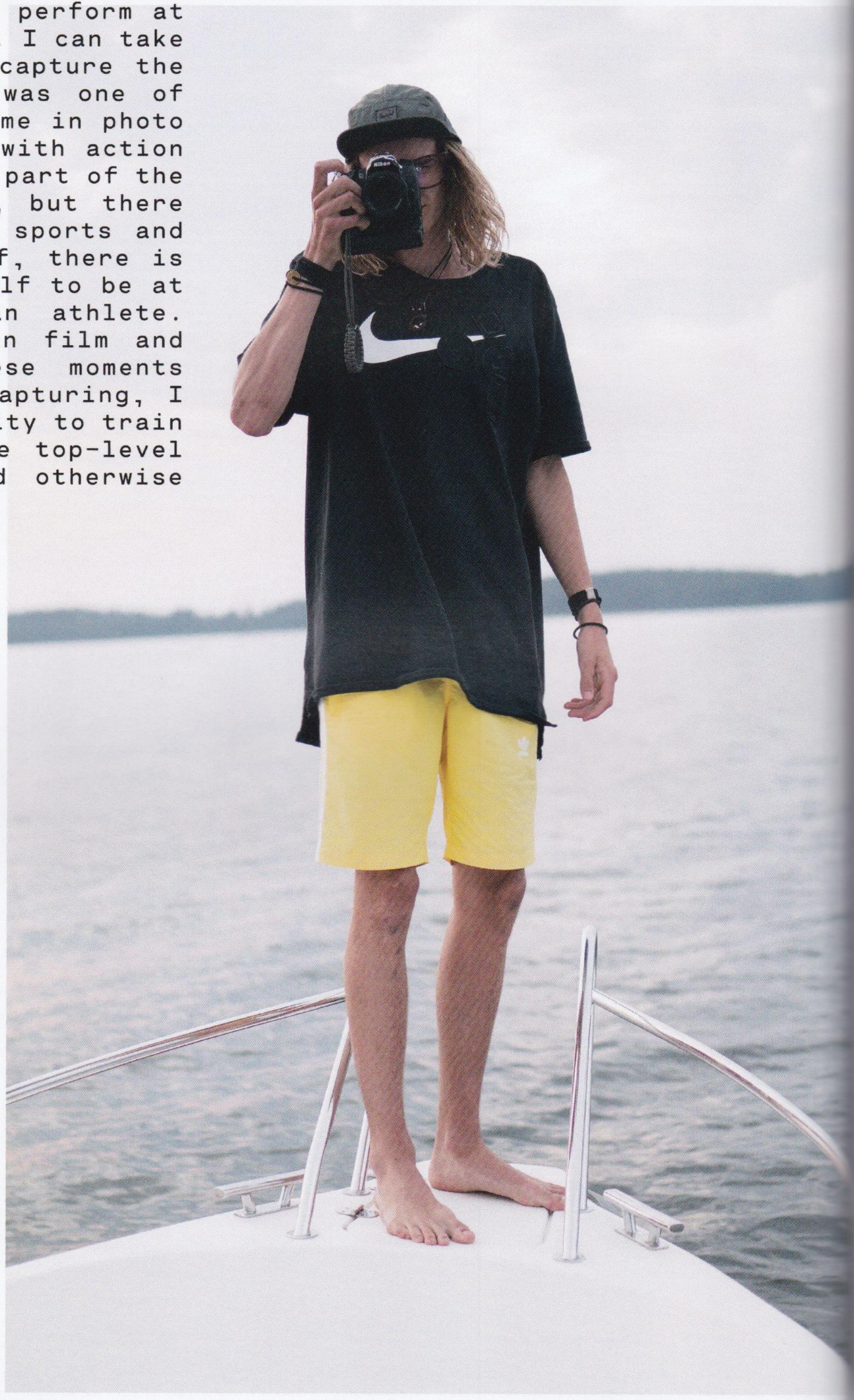
A TRIBE CALLED CULT

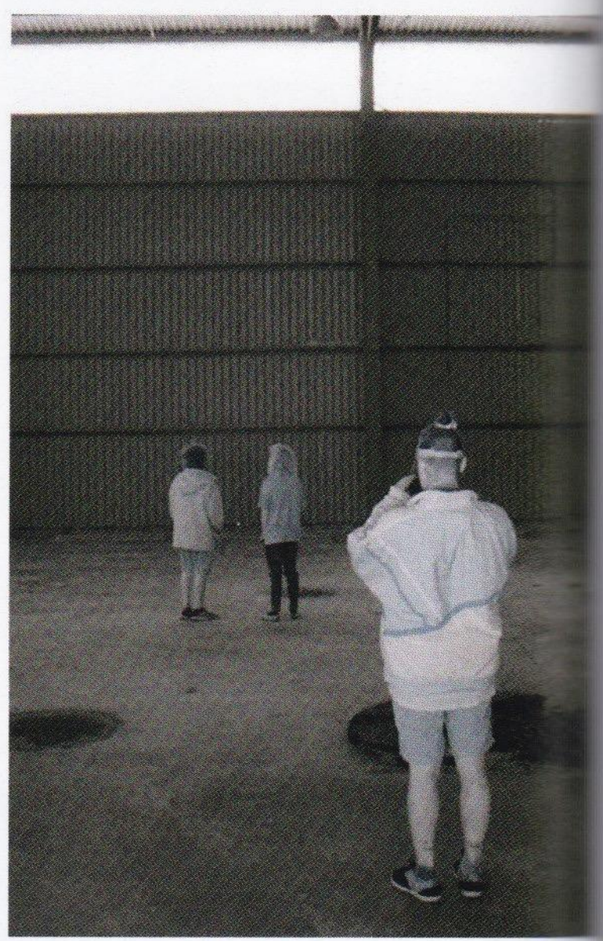
STORY + PHOTOGRAPHY:
CORBEN WHITE

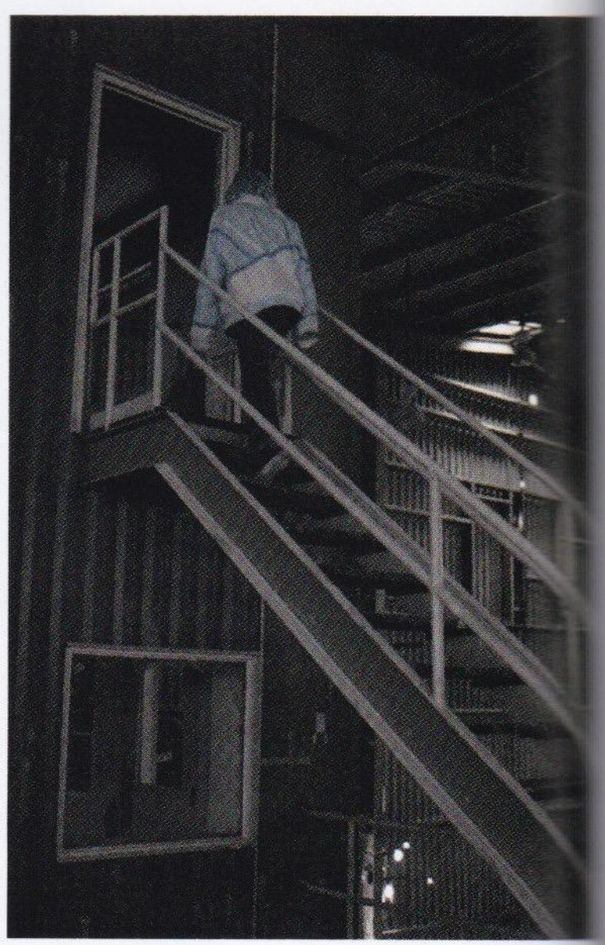
I met Ethan back in November of 2018, and since then, we have made an effort to stay in touch and meet up whenever possible. One time I filmed some clips with him, Bradley Jotte, and Sean Higgins in Denver, but unfortunately, I was on a tight schedule, so we didn't really have time to film and shoot as much as I wanted. We both agreed to collaborate on a project.

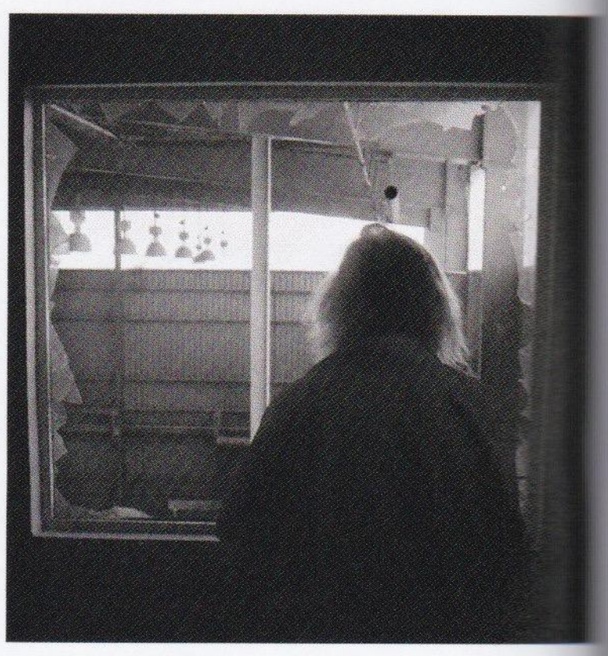
Ethan hit me up when he was driving through my area with Josh Malone and Trevor Kunkel, so we decided to chill for a few days. I let them stay at my place, and we ended up spending a day at the lake. No one was there, and it was honestly perfect. Just us at the lake meant we got the idea to line up some picnic tables on the edge of this sand dune to just have a fun flipping session.

The flipping sesh ended up being so fun and laid back, but those three are another level when it comes to creativity and skill in their movement, so I was definitely out of my league. What I love about being a photographer and videographer in the action sports world is that I don't feel obligated to train and perform at such an advanced level. I can take a step back and just capture the moment instead. That was one of the biggest draws for me in photo and video, especially with action sports. I want to be a part of the community and culture, but there are so many different sports and cultures I'm a part of, there is no way I can push myself to be at that top level as an athlete. However, because I can film and take pictures of these moments that no one else is capturing, I still get the opportunity to train and connect with these top-level athletes that I would otherwise not have been able to.









The next day we went to an abandoned warehouse. We got there and everybody was so sore from the lake, we all unanimously agreed we weren't feeling like training and that we were just going to take some pictures and hang out. What I really enjoy about Ethan is that he can't resist training if the spot is right. He ended up throwing dub side out of a window on the second story to a pile of hard sand.

We ended up filming some nice clips and capturing some great pictures at this location. As always, we didn't shoot enough and ended up not doing any shoots or specific filming collaboration, but that's in the works. What was especially cool about the footage I did get, is it captured the more laid back training and chilling lifestyle aspect of parkour; something that is important to the culture and often overshadowed by the hyped up big tricks and vids that made parkour viral in the first place. However, without the love of training and community, then I don't think parkour culture or movement would be progressing at the rate it is. I see it in Ethan, Josh, Trevor, and so many other athletes. They are young, phenomenally good, and constantly progressing. They are the future of the sport all because of a pure love for just training and moving.

PHOTOGRAPHY - **CORBEN WHITE** @CO2WHITE

FOLLOW: @CO2WHITE @KLICKSTEIN @JUSHMELON @TREVOR_KUNKEL

THE BOUNCE BACK

TWO TRA

STORY BY BEAR SCHNEIDER

I WANT TO START THIS STORY OFF BY SAYING THAT I AM NOT THE HERO OF THIS STORY. I DON'T FEEL PARTICULARLY GOOD ABOUT AND AM NOT PROUD OF MY ACTIONS; THEY CAME FROM A PLACE OF PAIN AND NAÏVETE.

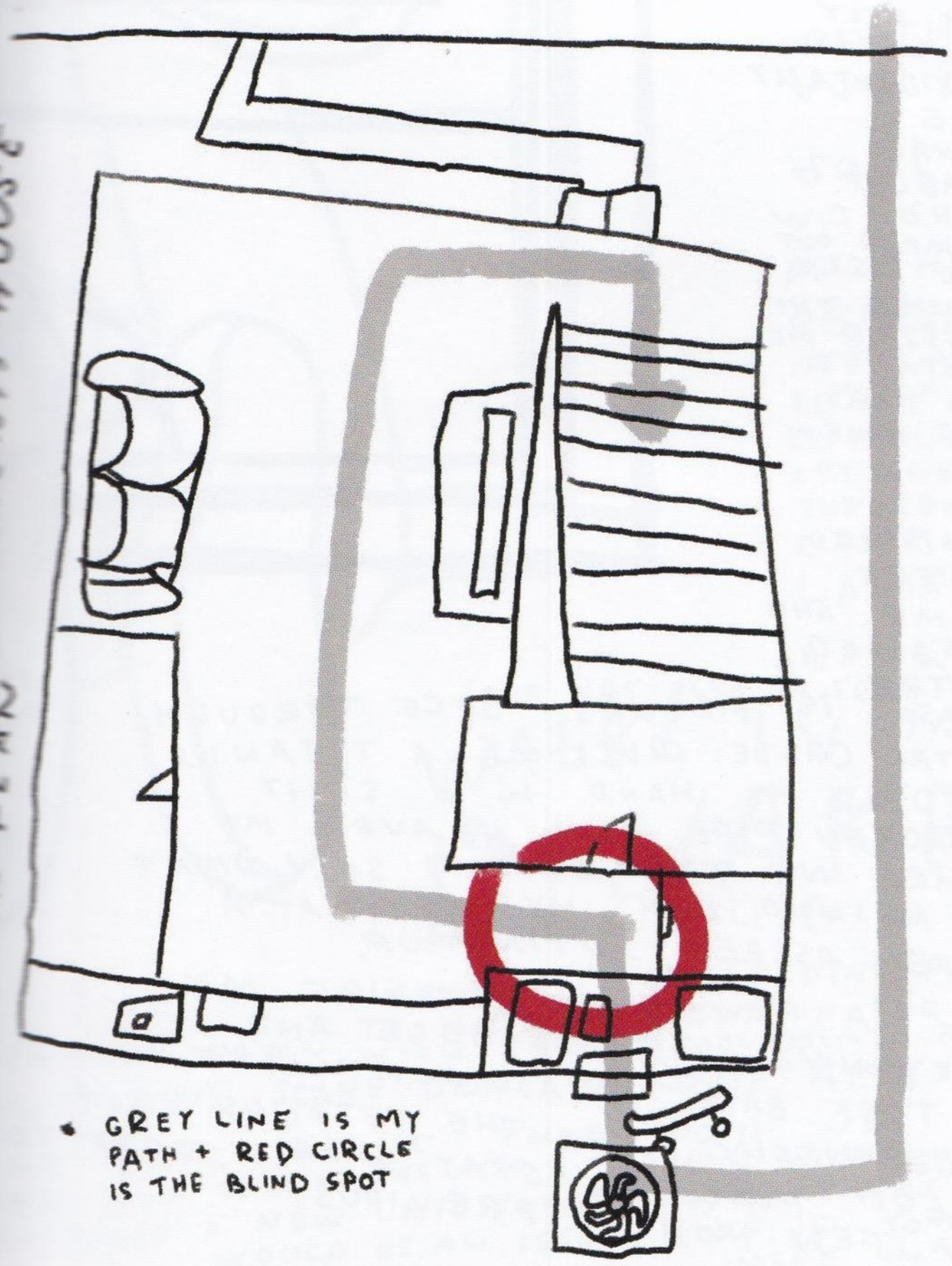
WHEN I WAS 19, I WAS ENGAGED TO THE GIRL I HAD BEEN DATING FOR FOUR YEARS. IT WAS ONE OF THOSE SITUATIONS IN WHICH I KNEW NO BETTER; I HAD NEVER HAD ANY ATTENTION, ROMANTICALLY OR OTHERWISE, FROM **ANY** MEMBERS OF THE OPPOSITE SEX FOR PRACTICALLY ALL OF MY ADOLESCENCE. DESPITE THE BASELESS FIGHTS, THE EMOTIONAL ABUSE, THE ISOLATION FROM THE THINGS AND PEOPLE I CARED ABOUT, THE CONSTANT NAGGING, BLATANT INSECURITIES PROJECTED ONTO ME, THE UTTER LACK OF ANY KIND OF MATURITY IN EITHER OF US, AND THE OBVIOUS BLACKMAIL THAT WAS "**ASK ME TO MARRY YOU OR I'M LEAVING,**" I DID IT ANYWAY.

AFTER THAT RELATIONSHIP INEVITABLY AND SPECTACULARLY CRUMBLED, I FELT LOST AND PURPOSELESS. AS ANY TEENAGER DOES. TO FILL THE VOID, I TOOK TO FINDING WHATEVER CONNECTION I COULD THROUGH THE INTERNET. I WAS **THAT GUY.** THE ONE WHO WAS COMICALLY DESPERATE AND NEEDY. I'M PROBABLY ON THE TINDER SUBREDDIT SOMEWHERE. **ULTIMATELY,** I FOUND SOMEONE WITH JUST AS MUCH DESIRE FOR CONNECTION AS I HAD, BUT WE HAD DIFFERENT GOALS. AS I PREDICTED, THE CONVERSATIONS TOOK A DIRECTION I WASN'T ENTIRELY COMFORTABLE WITH, BUT I HADN'T LEARNED THE VALUE OF BOUNDARIES OR PROPERLY COMMUNICATING THEM. THE POSSIBILITY OF US MEETING CAME UP, AND FOR WHATEVER REASON, I EITHER **FOUND** OR MADE UP AN EXCUSE TO BE PASSING THROUGH HER STATE. I ASKED FOR A PLACE TO CRASH, AND SHE GLADLY OBLIGED.

18

IT WAS A SIX-HOUR DRIVE FROM NORTH CAROLINA TO GEORGIA. I TOOK OFF WHEN THE SUN HAD JUST SET IN EARLY SUMMER, AND ARRIVED IN HER TOWN AT ABOUT THE HALFWAY POINT TO MY END GOAL. I HIT HER UP, AND THAT'S WHEN I REALIZED THINGS WEREN'T GOING TO GO AS SMOOTHLY AS I HAD PLANNED. THEY NEVER DO. SHE LIVED WITH HER PARENTS. I DIDN'T CARE TOO MUCH, BUT IT DID MAKE THINGS A LITTLE SPICIER THAN I THOUGHT THEY WOULD BE. WHAT WAS GOING TO BE A CHILL DAY OR TWO TURNED INTO AN IN-AND-OUT (SO TO SPEAK) OPERATION, AND WHILE IT WAS MORE FUN THAT WAY, SOME PARTICULARLY CLOSE CALLS MADE THIS HEIST A PARTICULARLY GOOD STORY.

SO I PARKED A HALF MILE DOWN THE ROAD AT A CHURCH BECAUSE I'M A MAN OF GOD. I SKATED INTO HER NEIGHBORHOOD AS CASUALLY AS ONE DOES PAST MIDNIGHT AND ACTED LIKE I BELONGED UNTIL I REACHED HER HOUSE. A QUICK GLANCE OVER THE SHOULDER TOLD ME I WAS SAFE, AND I DARTED INTO HER BACKYARD. MY DIRECTIONS WERE TO "CLIMB ON THE AC UNIT, OPEN THE WINDOW AND CLIMB IN QUIETLY AND CLOSE THE WINDOW BEHIND YOU, SO THE CAT DOESN'T GET OUT. THEN COME THROUGH THE KITCHEN AND LIVING ROOM AND UP THE STAIRS BY THE FRONT DOOR. COME IN MY ROOM; IT'S THE DOOR ON THE RIGHT AT THE TOP OF THE STAIRS." SO I DID. LITTLE DID I KNOW THAT THE LAYOUT OF THE HOUSE WAS DESIGNED EXPLICITLY TO ABSOLUTELY FUCK ME OVER IF A FAMILY MEMBER HAPPENED TO BE ANYWHERE ASIDE FROM THEIR ROOM.



* GREY LINE IS MY PATH + RED CIRCLE IS THE BLIND SPOT

I STASHED MY BOARD BEHIND THE UNIT I NEEDED TO CLIMB ON. THE WINDOW WAS LOUD AS SHIT, I STEPPED IN THE CAT LITTER BOX, THE DOOR DIRECTLY IN FRONT OF MY POINT OF ENTRY WAS THE DOOR TO HER PARENTS' ROOM, LITERALLY THE ENTIRE BOTTOM FLOOR WAS LAID OUT SO IF I WERE MIRACULOUSLY NOT SPOTTED, I WOULD MOST CERTAINLY BE HEARD. I SHIT YOU NOT; I COULD SEE EVERY PART OF THE FIRST STORY OF THE HOUSE ONCE I EXITED THE IMMEDIATE VICINITY OF THE WINDOW. DESPITE ALL ODDS, I MADE IT UPSTAIRS TO HER ROOM AND WAS GREETED BY MY MISTRESS, WHO COULD MOST CERTAINLY STILL BE SOME SORT OF MURDERER. ALTHOUGH, SHE WASN'T THE ONE THAT THEY NEEDED TO HIDE FROM, BECAUSE I WAS THE ONE CLIMBING IN THE WINDOW, SNATCHING HER INNOCENCE UP. (SIDE NOTE: I WAS LED TO BELIEVE THAT THIS WAS A GROWN-ASS WOMAN THAT LIVED IN HER OWN PLACE, OR AT LEAST IN A PLACE THAT WAS APPROPRIATE FOR ME TO VISIT UNTIL LITERAL MOMENTS BEFORE THESE EVENTS.)

YOU CAN IMAGINE WHAT TWO TEENAGERS WOULD DO ALONE IN A ROOM, SO I WILL SPARE YOU THE DETAILS, BUT I DID NOT LEARN UNTIL OUR NEXT (UNWANTED) MEETING THAT SHE HAD **NEVER** BEEN HUGGED BY A MALE THAT WAS NOT PART OF HER FAMILY. THIS UNFORTUNATE CIRCUMSTANCE WAS IN PART DUE TO HER BEING HOMESCHOOLED HER ENTIRE LIFE, AND IN PART TO HER PARENTS BEING VERY CONTROLLING AND SHELTERING. IT NOW MADE SENSE WHY SHE KISSED LIKE A ROCK, AND SHE MADE THIS AWFUL ROYALTY FREE SMOOCHING SOUND EFFECT. IT WAS LIKE MACKING ON A COMPUTER.

AFTER SEVERAL LONG HOURS OF AWKWARD INTERACTIONS, BOTH VERBAL AND PHYSICAL, I LEARNED THAT HER DAD CAME HOME AT 5 AM AND I NEEDED TO BE OUT BEFORE THEN. IT WAS ALMOST 3. I WENT TO SLEEP, BUT NOT ON PURPOSE.

NOT EVEN AWARE THAT THEY HAD CLOSED, I SNAPPED MY EYES OPEN AT 5 AM ON THE DOT, THREW ON MY CLOTHES, AND PRACTICALLY DOVE OUT THE WINDOW. A QUICK GOODBYE WAS THE LAST COMMUNICATION I INTENDED TO GIVE HER. I CRUISED DOWN THE STREET, ACTING WAY TOO PROUD OF MYSELF FOR THE NARROW ESCAPE. LITTLE DID I KNOW MY SMUGNESS WOULD BE LIVED ONLY UNTIL I MADE IT TO MY DESTINATION,

I WAS VERY GROGGY AS I CRUISED AROUND THIS TINY MIDDLE-OF-NOWHERESVILLE LOOKING FOR A PLACE TO SLEEP. I GRABBED SOME GAS USING THE CASH I HAD HIDDEN UNDER THE CENTER CONSOLE IN MY CAR, AND A MILE OR TWO DOWN THE ROAD I FOUND THE "PERFECT" PLACE TO CRASH FOR A FEW HOURS.

I PRETENDED TO SKATE AWAY FROM MY CAR AS ANOTHER DROVE PAST, AND JUST AS ABRUPTLY AS THE LAST NIGHT, I JUMPED OFF MY BOARD AND DARTED INTO THE WOODS. IT WAS A HALF MILE TOPS FROM THE NO TRESPASSING SIGNS TO WHERE I WANTED TO BE, BUT IT FELT LIKE MUCH LONGER. I STUMBLED WITH A VAGUE SENSE OF DIRECTION THROUGH THE WOODS, AND ACCIDENTALLY FOUND THE ABANDONED FIELD OF THE LITTLE LEAGUE SOFTBALL TEAM THE BUMFUCK TOWN WAS KNOWN FOR IN THE '50s (SERIOUSLY, THEY BRAG ABOUT IT ON THE SIGN WHEN YOU ENTER TOWN) AND HEARD SEVERAL SIRENS, FOLLOWED BY A HELICOPTER. I CAMPED OUT UNDER THE SCOREBOARD UNTIL THE COAST SEEMED CLEAR, AND FOUND THAT MY DESTINATION WAS JUST AROUND THE CORNER. A DISGUSTING DRAINAGE POOL GREETED ME WHILE A METAL COLOSSUS LOOMED IN THE DISTANCE. I MADE MY WAY TOWARDS THE TOWER AND FOUND THAT I HAD FORGOTTEN TO BRING MY POKÉMON THAT KNEW CUT.

IT WAS ACTUALLY ABSURD HOW HIGH AND BARELY PENETRABLE THESE BRIERS WERE. THEY WERE TALLER THAN ME, AND I'M NOT SHORT. I HAD TO TAKE MY SKATEBOARD AND MASH DOWN THE THORNS FROM THE TOP, THEN STAND ON IT, AND REPEAT FOR AT LEAST 15 METERS. ONCE THROUGH, I FOUND MY BED; A LOVELY 10 x 10 METAL CHUTE. RISKING A TETANUS SHOT, I CLIMBED THE OUTSIDE AND WEDGED MY HAND IN A SPLIT THAT HAD RUSTED OPEN, GRABBED A SHARP BROKEN PIPE, AND HEAVED MY BOARD AND PACK INSIDE. I WEDGED THE BOARD INTO THE BOTTOM SO I DIDN'T FALL THROUGH, SAT MY PACK DOWN BESIDE ME AND BENT MY NECK AT A A BEAUTIFUL ANGLE TO REST ON IT, AND FELL ASLEEP SITTING UP.

I WOKE UP TO ROAD WORK A FEW FEET OUTSIDE MY TEMPORARY HOTEL, SO I TOSSED EVERYTHING OVER THE EDGE AND HIGH-TAILED IT OUT OF THERE. ON MY TREK BACK, I WAS FORTUNATE ENOUGH TO NOT ONLY STEP ON A NAIL (DEFINITELY NEED THE TETANUS SHOT NOW), BUT I GOT SET UP WITH A LEGIT PLACE TO STAY WITH A DOPE TRICE GIRL I HAD MET A FEW MONTHS PREVIOUS.

I WENT AND CRASHED FOR THE MORNING AT HER PLACE, THEN WHEN SHE GOT HOME, WE HUNG OUT AND MADE A DAY OF IT. WE WENT TO A THRIFT STORE, A RECORD SHOP, WENT OUT TO EAT AND TUMBLED IN A PARK. I HAD WAY MORE FUN WITH HER THAN I DID WITH MY LONELY INTERNET GIRL, AND I STRETCHED MY STAY AS FAR AS I POSSIBLY COULD. SHE WAS THE HERO OF THIS STORY. EVENTUALLY, WE WENT OUR SEPERATE WAYS, AND I CONTINUED DOWN TO GEORGIA.

WHEN I FINALLY HAD REACHED MY DESTINATION, IT WAS RIGHT AT THE END OF OPEN GYM, BUT THE OWNER LET ME IN FOR FREE TO TRAIN FOR SEVERAL HOURS WHILE WE SHOT THE SHIT. IT WAS AT THIS POINT THAT I REALIZED I HADN'T SEEN MY WALLET IN A BIT. **UH-OH.** I LOOKED EVERYWHERE, BUT I KNEW **EXACTLY** WHERE IT WAS. I BEGRUDINGLY TEXTED LONELY INTERNET GIRL, BREAKING MY PROMISE TO MYSELF TO **NEVER** TEXT HER AGAIN. I GOT A SWIFT RESPONSE, CONFIRMING MY **WORST** FEARS. I HAD TO **GO BACK.** I LEFT THE GYM THE NEXT DAY, BECAUSE IT'S MORE ABOUT THE JOURNEY THAN THE DESTINATION, RIGHT?

SHE WOULD NOT GIVE ME MY WALLET BACK.

OH NO, IT COULD NOT BE THAT SIMPLE. I HAD TO *SNEAK BACK* INTO HER HOUSE AND GET THAT SHIT. HOWEVER, I WAS DOING THIS AT 2 PM INSTEAD OF 2 AM. THE PLAN WAS FOR HER SISTER TO DISTRACT HER PARENTS IN THE ONLY BLIND SPOT DOWNSTAIRS WHILE I WALKED IN THE FRONT — FUCKING — DOOR. SEE THE DIAGRAM OF THE FLOOR PLAN TO UNDERSTAND WHY THIS IS SUCH A SHITTY IDEA.

SO I WALK UP, SHE OPENS THE DOOR, I WALK IN. HER SISTER SCREAMS AT THE TOP OF HER LUNGS, APPARENTLY BECAUSE THE DISTRACTION WASN'T WORKING AND HER PARENTS WERE LEAVING THE SMALL BLIND SPOT. LUCKILY THAT DISTRACTION WORKED, AND I MADE IT UPSTAIRS UNMOLESTED... FOR NOW. WE CHILL IN THE SPARE ROOM ATTACHED TO THE BACK OF HER BEDROOM, ONLY ACCESSIBLE THROUGH HER ROOM. THIS ROOM WAS NOTHING BUT A CLOSET, A FUTON, AND A TABLE WITH A COMPUTER ON IT. LAVISH.

SO THE DAY WOUND ON, AND WE CUDDLED AND WHATNOT IN THIS ROOM (SHE WAS ALSO A TERRIBLE CUDDLER), AND THEN HER MOM JUST WALKS IN. THE GIRL SCREAMS, "**MOM I'M NAKED!**" (SHE WAS) WHILE I'M LOG-ROLLING BETWEEN THE FUTON AND THE WALL (ALSO NAKED). I FLOUNDER MY PASTY WHITES IN BETWEEN THE FOLDING PART AND THE ICE-COLD WALL IN AN EFFORT TO HIDE MYSELF IN THE TINY GAP, AND THE WOOD FRAME IS LIFTING AND SLAMMING DOWN WITH EVERY MOVEMENT. IT WAS QUITE SURPRISING THAT THIS HUMOROUS SCENE DIDN'T AROUSE ANY SUSPICION WHATSOEVER.

THE CATCH ABOUT THIS ROOM WAS THAT NOT ONLY WAS THERE NO LOCK ON THE DOOR BUT THERE WAS ALSO A PROBLEM WITH THE AIR CONDITIONING UNIT, TO REMEDY THIS, THE FAMILY INSTALLED A NEW UNIT (THAT DAY) THAT SAT RIGHT NEXT TO THE FUTON. I ASKED IF THIS WOULD BE AN ISSUE, LIKE IF SOMEBODY WOULD COME TO CHECK ON IT WHILE WE WERE IN THERE, AND WAS STRONGLY REASSURED THAT WOULD NOT HAPPEN.

THE NEXT TIME HER MOM DECIDED TO COME IN, SHE POLITELY KNOCKED FIRST. UNSURPRISINGLY, CLOTHING MADE IT MUCH EASIER TO WIGGLE INTO MY HIDEY-HOLE. I HELD MY BREATH AS I WATCHED MOM'S FEET MAKE THEIR WAY TOWARD MY CORNER. SHE BENT DOWN TO CHECK AND SEE IF THE AC WAS WORKING, AT WHICH POINT I BECAME MUCH MORE AWARE OF THE FACT THAT THIS FUTON WAS LESS THAN SIX FEET LONG AND I WAS DEFINITELY NOT. I HAD BARELY SQUEEZED IN UNDER IT AND I WAS ALMOST HANGING OUT OF EITHER SIDE, AND MY BREATHING WAS SHALLOW BECAUSE YOU'RE TYPICALLY EXPECTED TO LIE ON TOP OF FUTONS RATHER THAN UNDER THEM. I TRIED MY BEST TO BREATHE SILENTLY DESPITE MY PULSE BEING THROUGH THE ROOF AT THE THOUGHT OF GETTING CAUGHT. IN THE WORST CASE SCENARIO, I PLANNED TO STAND UP FROM UNDER THE FUTON AND WORDLESSLY GRAB MY SHIT AND TAKE THE TWO-STORY HEIGHT DROP FROM THE WINDOW.

MY EMERGENCY EXIT CAME CLOSER AND CLOSER TO BECOMING A REALITY WHEN MOM DECIDED TO TAKE A SEAT ON TOP OF ME. I AM SWEATING BULLETS, AND MY BREATHING HAS NOT ONLY GOTTEN FASTER, BUT IT HAS ALSO BECOME MUCH MORE LABORED AS THE FUTON BOWED ON TOP OF ME.

THIS IS NOT HOW I WANTED MY FACE SAT ON. THE REALIZATION SETS IN THAT THE REASON SHE SAT DOWN WAS TO REACH THE PLUG IN THE OUTLET LITERAL INCHES FROM MY FACE. THERE'S A HAND WIDTH SPACE BETWEEN THE FUTON AND THE WALL AND AS SHE REACHES DOWN TO GRAB IT, I SEE HER HAIR FALL INTO THE GAP AND QUICKLY GET CLOSER TO MY FACE, AND I DO MY BEST TURTLE IMPRESSION AS I SHRINK MY NECK AS FAR AS POSSIBLE UNDER HER SEAT. THE HAND APPEARS, FINGERS FUMBLING AND GRASPING FOR THE PLUG AS MY HEART POUNDS IN MY EARS AND MY BREATHING CEASES.

APPARENTLY, SHE DECIDED THAT IT WAS PLUGGED IN ENOUGH BECAUSE THE HAND AND HAIR RETREAT. I TRY MY BEST TO CONTROL MY GIGGLES, ALMOST PASSING OUT FROM THE LACK OF OXYGEN. MOM DISMOUNTS HER WOODEN SADDLE, SHE AND DAUGHTER HAVE A SHORT CONVERSATION AND THEN LEAVE THE ROOM TOGETHER. MY UNINTENTIONAL ROLE PLAY OF THE LIFE OF THE MONSTER THAT HIDES UNDER YOUR BED WAS NOT A PLEASANT ONE. I TAKE A BREATH SO DEEP THAT THE FUTON LIFTS FROM THE GROUND.

THE REST OF THE DAY WAS GENERALLY UNEVENTFUL, AND I HASTILY DIP THE FUCK OUT AS SOON AS AN OPPORTUNITY PRESENTS ITSELF, MAKING SURE THAT I HAD ALL MY STUFF THIS TIME. I SKATED BACK TO MY CAR AND MET MY FRIEND FROM EARLIER FOR A MUCH NEEDED RELAXING NIGHT OUT AND A TRIP TO WAFFLE HOUSE. I CRASHED AT HER PLACE AGAIN AND BID ADIEU, AND SET OFF FOR HOME THE NEXT MORNING.

THE NEXT FEW WEEKS WERE UNEVENFUL, WITH MY ATTEMPTS TO DODGE FURTHER CONTACT WITH MY SCARLET WOMAN BEING MOSTLY SUCCESSFUL. THE LAST STRAW WAS WHEN I RECEIVED A TEXT SAYING, "I NEED TO HEAR FROM YOU EVERY ONCE IN AWHILE," WITH AN ANGRY FACE. I PROMPTLY BLOCKED HER ON EVERY FORM OF SOCIAL MEDIA. FAST FORWARD ANOTHER FEW WEEKS, AND I'M DATING SOMEBODY NEW. ONE MORNING I GET A PICTURE FROM MY FRIEND THAT SAYS, "DEAL WITH THIS BEFORE SHE TELLS YOUR GIRLFRIEND." IT'S A MESSAGE FROM YOU-KNOW-WHO, READING SOMETHING ALONG THE LINES OF "HEY, I KNOW YOU PROBABLY THINK I'M AN ASSHOLE, BUT I THINK THINK THAT'S WHAT BEAR IS RIGHT NOW. HE GHOSTED ME, BUT WE HAD PLANS TO BE TOGETHER, FOR ME TO MOVE UP THERE AND GET A PLACE WITH HIM."

NONE OF THAT WAS TRUE WHATSOEVER, WE HAD NEVER EVEN COME CLOSE TO DISCUSSING THAT, AND IT WAS NOT SOMETHING I WOULD HAVE EVER WANTED. I DESPISE CALLING PEOPLE, ESPECIALLY WOMEN, CRAZY BECAUSE I UNDERSTAND THAT IT USED TO GASLIGHT PEOPLE THAT ARE LEGITIMATELY EXPRESSING THEMSELVES, BUT GODDAMN THIS WAS OFF THE DEEP END. I UNBLOCKED HER NUMBER TO SEND ONE TEXT: "DON'T MESSAGE MY FRIENDS EVER AGAIN LOL." MY PHONE VIBRATED FOR AT LEAST A MINUTE AND A HALF, AS I GOT 16 CONSECUTIVE MESSAGES. THEY WERE NOT SEPERATE; THEY WERE ONE MESSAGE THAT WAS SO LONG THAT IT HAD TO BE BROKEN INTO 16 DIFFERENT TEXTS. ONCE THE STORM SUBSIDED, I DELETED HER NUMBER AND ALL THE TEXTS WITHOUT READING THEM.

NOW I HAVE LEARNED A LOT OF THINGS SINCE THIS HAPPENED. I AM A MUCH DIFFERENT PERSON, AND I ALWAYS TELL THIS STORY WITH GREAT GUSTO AND A HUMOROUS TONE, BUT I'M NOT PROUD OF MY ACTIONS AND GENUINELY HOPE THAT SHE IS DOING WELL. IF I COULD GO BACK, I WOULD DO THINGS MUCH DIFFERTLY. THIS STORY IS AN EXCELLENT EXAMPLE OF WHAT NOT TO DO WHEN YOU'RE FEELING DOWN ABOUT YOURSELF, AND I URGE YOU TO FIND CONSTRUCTIVE WAYS TO LIFT YOURSELF UP WITHOUT BRINGING OTHERS DOWN, LIKE WRITING ABOUT THE CRAZY SHIT THAT YOU'VE DONE IN YOUR LIFE SO OTHERS CAN SHARE IN YOUR EXPERIENCES AND LEARN FROM THEM.

STORY BY
BEAR SCHNEIDER

SCRIBBLIES + DOODLES BY
ANDREW OBENREDER

FOLLOW
@BEAR.POWER.MUVS
@ANDREWMUVS

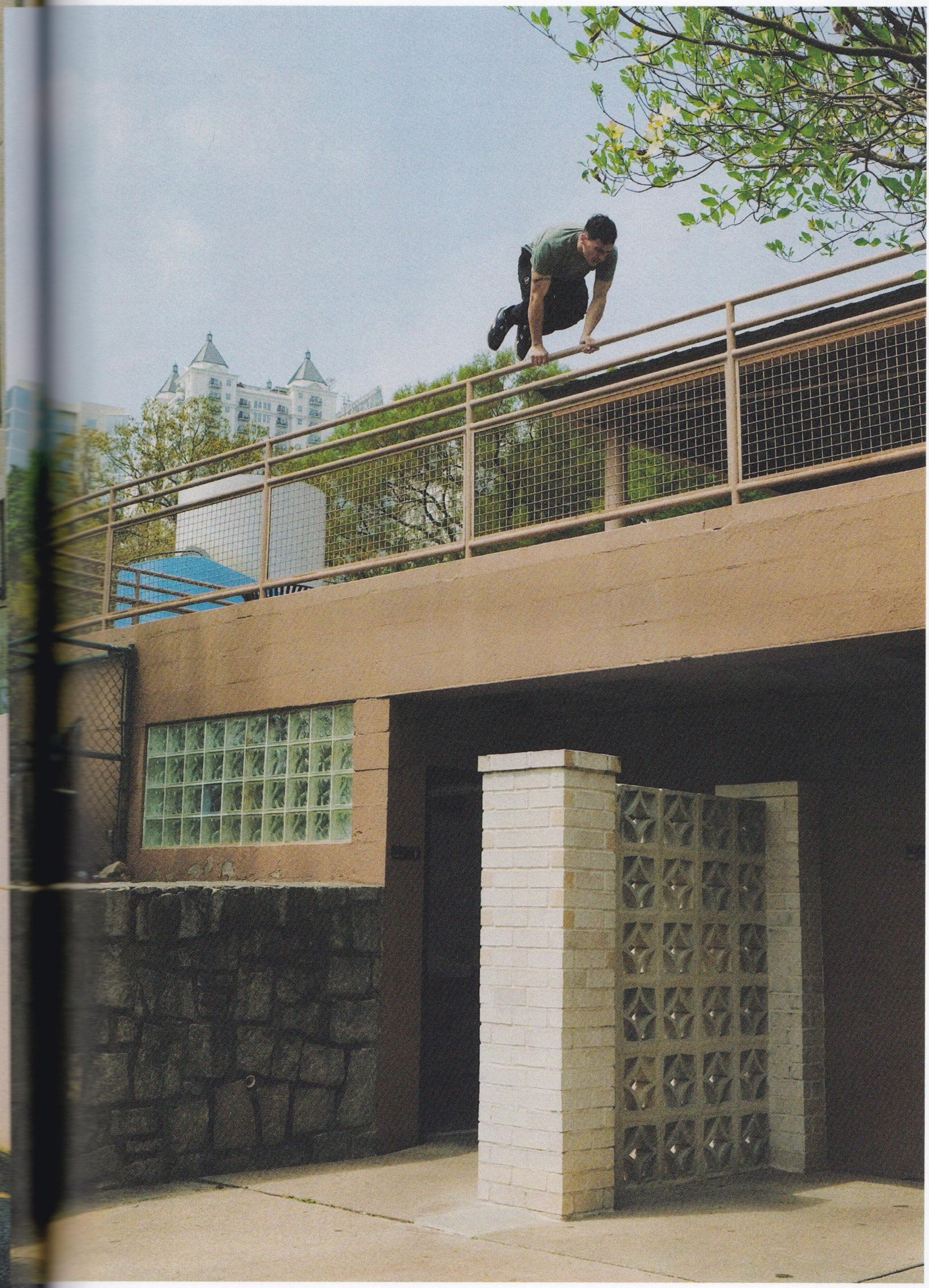
FEATURED – **CAMIL ASWAD** @CAMIL_THE_GREAT

PHOTOGRAPHY – **COLTEN SWEENEY** @THECOLTENSWEENEY

FEATURED – **MILO FINNEGAN-MONEY** @ENDURANCPARKOUR

FEATURED – **JULIAN HAMES** @JULIANHAMESPK

FEATURED - **CAMIL ASWAD** @CAMIL_THE_GREAT



PHOTOGRAPHY - **COLTEN SWEENEY** @THECOLTENSWEENEY

The sesh sounds like loud music, people talking shit, and nangs.

JIMMY THE GIANT

SOUNDS OF THE SESH

STORY BY **ANDREW OBENREDER**

Can you break down your Sounds of the Sesh track for us?

I made the track a while ago, probably six or seven months ago. I was having a heavy Jam Baxter phase, who is a very talented UK rapper if you don't know. I wanted to make a track about the sesh (partying) and talk about the side of it that gets glossed over. The sesh can be fun, but I know many people who've been claimed by it and a lot of vibrant people turned dull. I wanted to make a song talking about that really.

The dragon and spaceship bit stands out because of some similar stories. We're going to need an explanation.

I like aliens and spaceships; you may be able to tell by the MRG logo! I thought it made some nice wordplay talking about when you're too deep in the session.

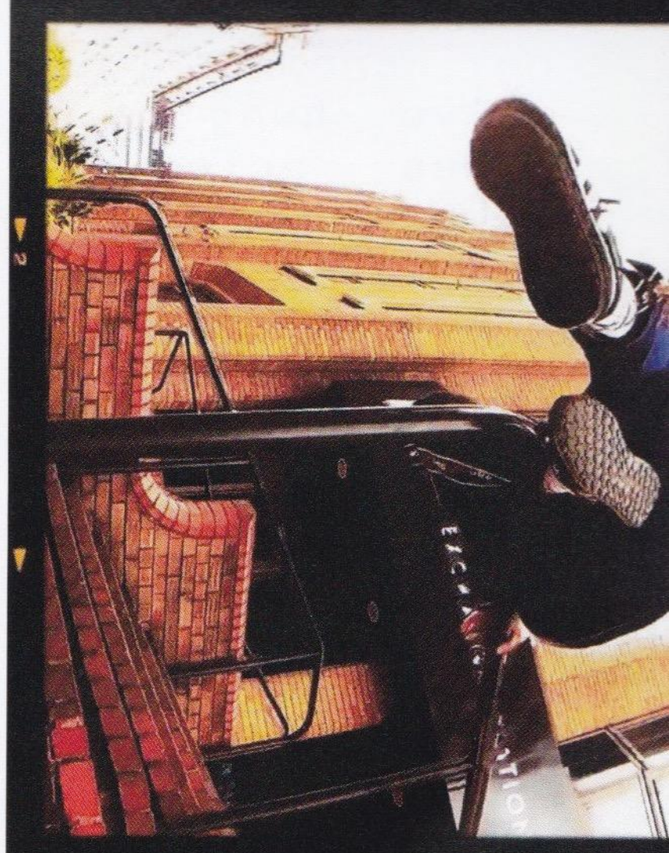
JIMMY THE GIANT - SOUNDS OF THE SESH (MUSIC VIDEO)

I've always felt like mixing music and parkour, at least when created directly by the community, has felt authentic but has never been executed very well. However, you and Warrero Gang seem to pull it off. Why do you think that is?

Hmmm...I feel like the stuff I started out making is really corny now. I mean it was meant to be fun and slightly gimmicky, but it just hasn't aged well with my taste. I think the new track and the stuff I'm working on now is far more how I want to sound. However, to make tracks about parkour, you have to be less obvious and make subtler nods to parkour culture and the lifestyle. Music is a massive part of my life and me as a person, I connect a lot with my favourite artists, so I want to make music for freerunners that they can connect to.

I feel there is a visual aesthetic to your and MRG productions that also helps lend a hand to the marriage of parkour and hip-hop. Why did you choose the visual style you did?

The edit was all done by Ruben (@rubenfilm_), who is an absolute genius. We just got him on board the MRG creative team so you will see a lot more of his editing in our work. I found him some time ago on Instagram and have always loved the way he edits, super colourful and wavey. I felt with his trippy style of editing, it would fit perfect with this track and hit him up, and he was more than happy to help. The visuals really bring it all together, I like the balance between rapping and movement, I think it keeps a nice focus on the track whilst still having some good movement.



What does your musical creative process look like, and how do you feel it relates to your process within parkour?

It can really vary, some tracks will write themselves in a day. Some will take months and months, and ultimately, some never get finished. That track I found a cool sample and instantly could hear how the finished product would sound, added the drums and then dug through my notes to find lyrics and "sounds of the sesh" was there, the name had a nice ring to it, and the lyrics were hard. It wrote itself really quickly. I wish it were always that easy. I get sick of lots of stuff I make.

How was the experience up in Liverpool with the Breach boys?

Was great going to Liverpool with the Breach chaps, it was my first time meeting the legendary Chris Ilabaca, he's really easy to talk to, and it was cool to hear him saying how much he fucks with Marrero and what we do. Harrison came as well, we've hung a fair few times prior and have become really good mates, as well as Scott Bass. However, the rest of them, it was pretty much the first time meeting them there, and I never knew how many beasts were up there, was the first time I met Ruben as well. Good vibe up there and it is a beautiful city with really interesting architecture.

Do you have any other plans for collaborations within the community or new tunes on the way that people should be watching for?

It can really vary, some tracks will write themselves in a day. Some JOE WRITE YOUR FUCKING BARS. Haha, me and Scandrett are working on something, but he's longing me on this track. Joe can really rap, so it'll be great to get that done. Me and Rikke Brewer are planning to do stuff, and potentially Nightscape. But we're all super busy, so it's hard to find time. Ultimately nothing in concrete yet, but I'm sure when the timing is right, it'll happen.

FOLLOW:
@NOTSOGIANTJIM @MARREROGANG @BREACHGRAM
@ANDREWMUVS

PHOTOGRAPHY – **MICHAEL GRAEF** @MIKEYGRAEF FEATURED – **KENT JOHNS** @KENTJUMPS

BE MOVED

Let ——— move you.

NICK HART

PHOTOGRAPHY – **YARON ERKIN**

@YARONERKIN

FEATURED – **NICK HART**

@N_AAFTY
@THEVENTURECO

THE [REDACTED] LIGHT
VENTURE CO. HOODIE

THE SACRED SPACE OF APPRECIATION

STORY BY CHRISTIAN GREENE @CHRISTIAN.GREENE

PHOTOGRAPHY – SARAH C. MÜLLER @SSEROTONIN

MAYBE THE REASONS THE MAYANS FELT THE NEED TO CREATE SUCH VAST, POWERFUL SPACES ARE THE SAME REASONS WE FEEL COMPELLED TO MOVE IN THEM.

THE SACRED SPACE OF APPRECIATION

As a kid growing up in the early 2000s with access to the internet, I was always intrigued by ancient civilizations and cultures. For some reason, even before I discovered parkour, I was especially drawn to the story of the Mayan people and how they just seemingly left behind remnants of a massive society...not to mention the impending doomsday tales of the world supposedly ending in 2012. Even middle school aged me knew better than to believe it, but it still had me questioning what the Mayans were really about and what knowledge they were trying to pass down through the ages.

Fast forward nearly a decade, and I somehow find myself on a plane with a one-way ticket to a part of the world that seemed like it existed in another universe entirely. You can imagine the hustle and bustle of a large Central American city, swelled to the brim with millions of people trying to keep up with new age technology while merging the way of life that they know from the pueblos and farmlands of the region. It's a place that will swallow you whole and show you the raw picture of what's really going on for most people around the world, who are struggling to adapt to a culture pushed on them by those who continuously consume, and very rarely stop to look at the consequences.

Somewhere beyond the blockades of traffic and smog of Guatemala City lie many sacred ruins, which are attributed to the Mayan people and culture. I had the pleasure of being able to make my way to one of them after a few months in the country; a task that can be hard to accomplish without going off the beaten path. If you're ready to sacrifice a day in the car, stuck behind school buses crammed full of people as a means of alternative public transportation, on a bumpy road going up into the hillsides for hours, then maybe visiting some of these ruins are for you. It almost doesn't seem worth the effort, until you step out of the car and are amidst a world that exists on the opposite spectrum from where you came.

The ruins of Mixco Viejo lie in the beginnings of the mountainous regions of Guatemala. It's a place seemingly left behind in the past, almost forgotten by modern day civilization. You won't find any tourists there, and you may even have the luck of getting the entire place to yourself. The occasional Guatemalan will go to visit but for most people, even locals, it's not worth the trouble getting there. Only the Mayan people will go for sacred reasons, but also that seems to be a rare event.

The first thing I remember about the place, besides taking in the apparent sights of the ruins and contemplating the parkour potential, was noticing how intensely quiet the site was. It wasn't silent as if nobody was there, but almost seemingly absorbing the sound that already would have existed in the area. It's a feeling I've had only a handful of times before, and immediately you know why they chose to use it as a sacred space. These weren't just random decisions, these are places identified by these cultures as having unique energy that only exists within that particular place.

It's almost hard to define, but it's as if the earth draws you into yourself for a sense of instantaneous internal contemplation. It becomes effortless to meditate and tune in to your innermost thoughts. On a visual level, there existed a series of natural plateaus from which you could see all the ruins from each side and the surrounding mountains. If I ever had the opportunity to go back, I would love to spend the night in the area (something you can do at more famous ruins such as Yahxa near Tikal).

As for parkour, I wasn't inclined to train at first because I simply wanted to absorb the awe of the moment. After a bit of exploring, however, and with some motivation from my friends, we decided to capture a few photos to display the essence of the area. I had seen a picture of two temples with a gap between them before even getting there and thought if there were one thing to do there it would be to do the jump between them. Luckily, we were able to get on top and scope it out. The jump was pretty spooky and sizable, especially for not having been training consistently for a few months, but after doing some prep jumps below, I decided to go for the running jump across where we were able to capture the photo!

PHOTOGRAPHY - **SARAH C. MÜLLER** **@SSSEROTONIN**

If there's one thing to take away from these places, I believe it's to try and understand what these people intended by constructing such awe-inspiring buildings. Sure, we have many explanations we can read about in books, but no one was really there, and no one will ever really know. I think that as a parkour athlete, I was able to have a unique perspective and appreciate their culture from a different perspective. They were simply people trying to make an impact on the world and pass down a message through time for people to respect their life, this existence, and the beautiful planet we call home. For movement practitioners, this idea is one and the same. It is an expression of our time here and what it means to be ourselves. I think that this is what it means to be human.

ERNEST LUBONJA

– MÜVS PRO TEAM

PHOTOGRAPHY – **JEREMIAH WASHINGTON** @JEREMIAH_FW FEATURED – **ERNEST LUBONJA** @POTTI_PHOTOS

MEDLINDA MOREY Melinda was raised on Kauai, and after living in places far and wide, currently resides there. She attended Art Center College of Design in LA and holds a Masters Degree with Honors in Visual Art from Rutgers University, NJ. Morey's work is in the collections of The Museum of Modern Art, NY, The State Foundation for Culture and the Arts and The Contemporary Museum in Hawaii, as well as numerous private collections. Melinda is also a mural artist who has created both commercial projects and guerrilla street art around the globe.

MELINDAMOREYART.COM **@MOREY411**

ARTIST STATEMENT

The dancer Merce Cunningham said, "nothing but that dance gives you "nothing but that single fleeting moment when you feel alive." The most joyful moments of my life are those when I cease to be conscious of myself and am just movement. I started as a dancer, so that formed my relationship with the body as a means of expression. I paint the figure because we experience life through the body. It is our vehicle. The energy expressed through the body in motion, as it dances with and navigates this great unknown – life, a wave, skatepark or parkour course – is endlessly fascinating. We lose ourselves and surrender to just being. As a mom of a very active son, I have ample opportunity to document this expression. I take a ton of photos and choose images that capture what surrender feels like – images that impart the experience of ultimate freedom. The act of painting is another level of this process, as I do my best to get out of the way and let the experience flow through me into the work.

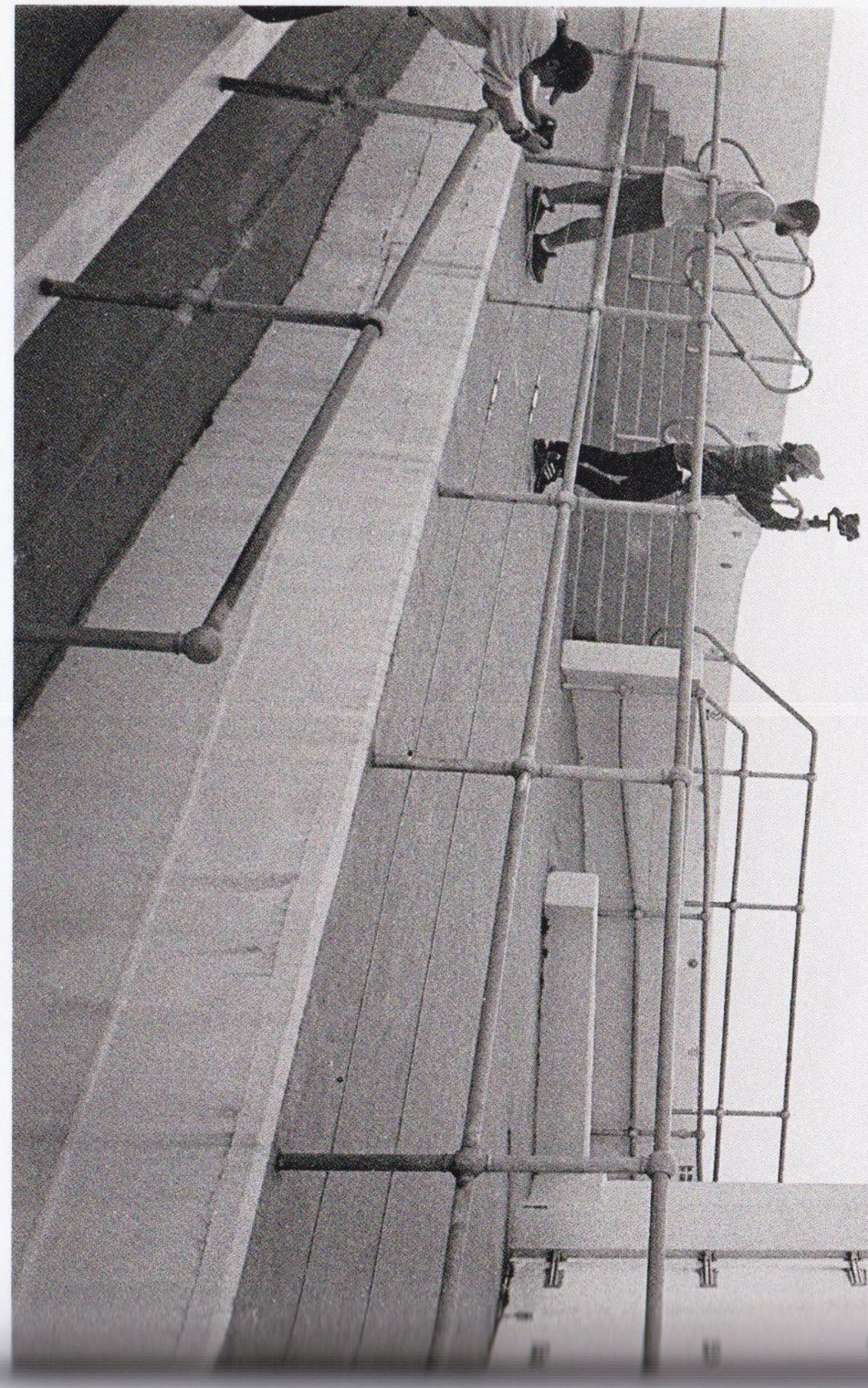
MELINDA MOREY

ERASING TIME & IDENTITY

SHAPE

SHELTER

DAVID MILES COOPER @REALRUNDMC



JOE WILLIAMS @JOEBERGINE

PHOTOGRAPHY – **JACK DODDS** @DODDSFILM

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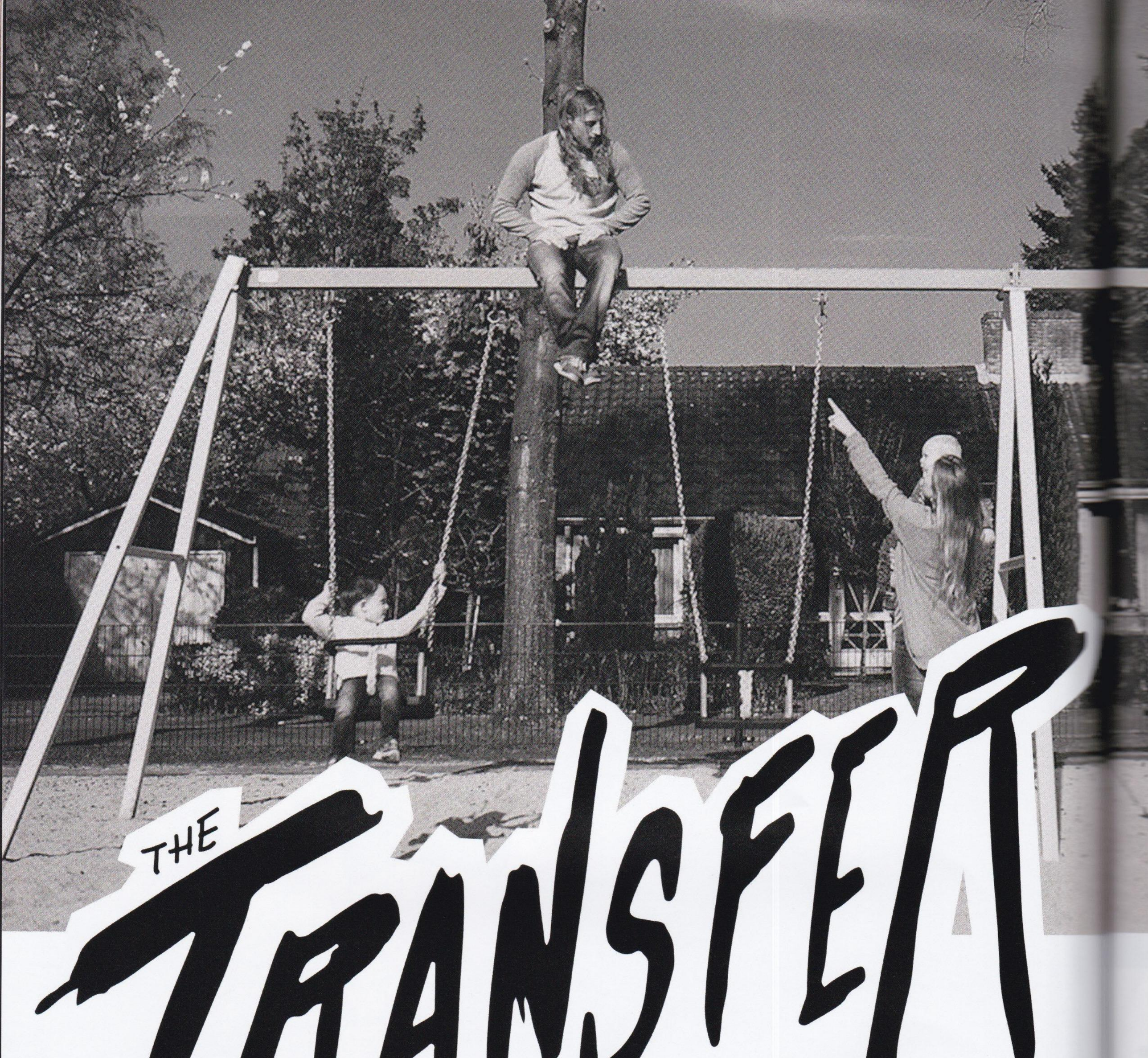
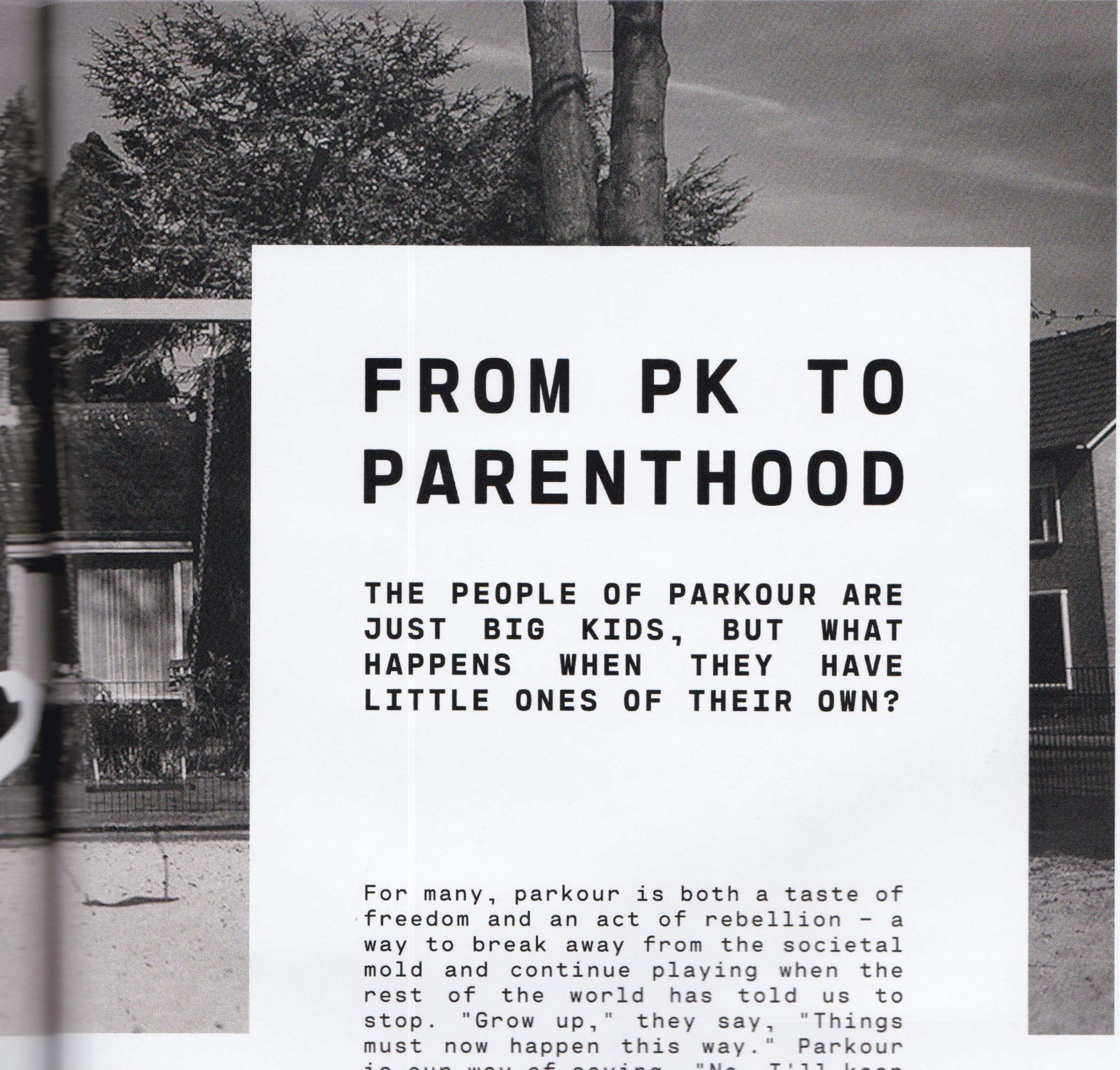


THE TRANSFER



FROM PK TO PARENTHOOD

THE PEOPLE OF PARKOUR ARE JUST BIG KIDS, BUT WHAT HAPPENS WHEN THEY HAVE LITTLE ONES OF THEIR OWN?

For many, parkour is both a taste of freedom and an act of rebellion - a way to break away from the societal mold and continue playing when the rest of the world has told us to stop. "Grow up," they say, "Things must now happen this way." Parkour is our way of saying, "No, I'll keep playing. Thank you," and a way of keeping the inner child alive. However, what happens when we have children of our own?

Does becoming a parent change parkour for us, and how do the things we have learned through our practice affect our parenting? After all, the act of parenting is a seemingly never-ending obstacle course, and ultimately, isn't it those challenges for which parkour prepares us?

PHOTOGRAPHY - **VENTURE COLLECTIVE** @VENTURE.COLECTIVE
STORY BY **ANDREW OBENREDER** **BART VAN DER LINDEN** **GABRIEL NUNEZ** **PAUL DARNELL**

THE TRANSFER: FROM PK TO PARENTHOOD

BART VAN DER LINDEN

The first year is tough. You have never gone through life with so little sleep before and constantly find yourself in situations you've never even imagined were possible, with zero preparation.Besides parkour and your girlfriend, there now is a third love in your life that deserves all your love, time, and dedication.

On the plus side of things, I now have a training buddy for life, I am somebody's superhero, and I get to learn a lot about myself and life. But what really makes it special is the mystical soul connection you develop with your child. I feel connected on such a deep level that is so genuine and selfless, it's beautiful. I notice it most with things like learning how to ride a bike or climbing to the top of the playground all by himself. To witness these first victories in his little life gets me so excited and so proud, it's awesome really. If you remember how happy you felt when you landed your first flip outside (for me it was a big deal), this is the kind of feeling that comes up in me even though he is the one that just achieved something.

I now plan my trainings a few days in advance, which took me a little getting used to. I used to go out whenever with whoever and wherever. It was hard to force myself to train and perform to create the satisfaction I was looking for. But it paid off. I've become really efficient and productive in my training. I find a challenge that sparks a connection. I work it down, execute it, feel satisfied with the process, and I move on to the next. I don't sit around and chill no more... I just feel the urge to train now that I've got the time. In a way, I appreciate that personal time more than I used to.

Whenever I stumble upon a challenge that is mentally hard for me, I remind myself that I want to inspire my son to do great things. That means I have to do great things myself too...Of course, it's not the main motivation to do crazy stunts, but it helps to set the mindset. I just want to be able to say, "You see that gap over there? Your Papa jumped over that. Cool, right!"

Having children made me realise parkour is a powerful tool when it comes to teaching life lessons. It taught my son to not give up when he doesn't get something the first time. I've also learned how much parkour really means to me and how much I appreciate it. It's meditative and something I want to enjoy for a long time still.

Parkour has given me the amazing skills to retrieve any frisbee or soccer ball that got on a roof somehow. These moments are the funniest because I really feel like a superhero when I get the job done. But parenting requires a great deal of creativity when it comes to keeping your child happy in boring moments, or feeding him veggies when he doesn't want to. The parkour mindset helps with things like that. It becomes a challenge that you can't back away from. Parkour has given me a healthy look on life, which I will definitely pass on to my kids.

SAMSUNG - FATHER

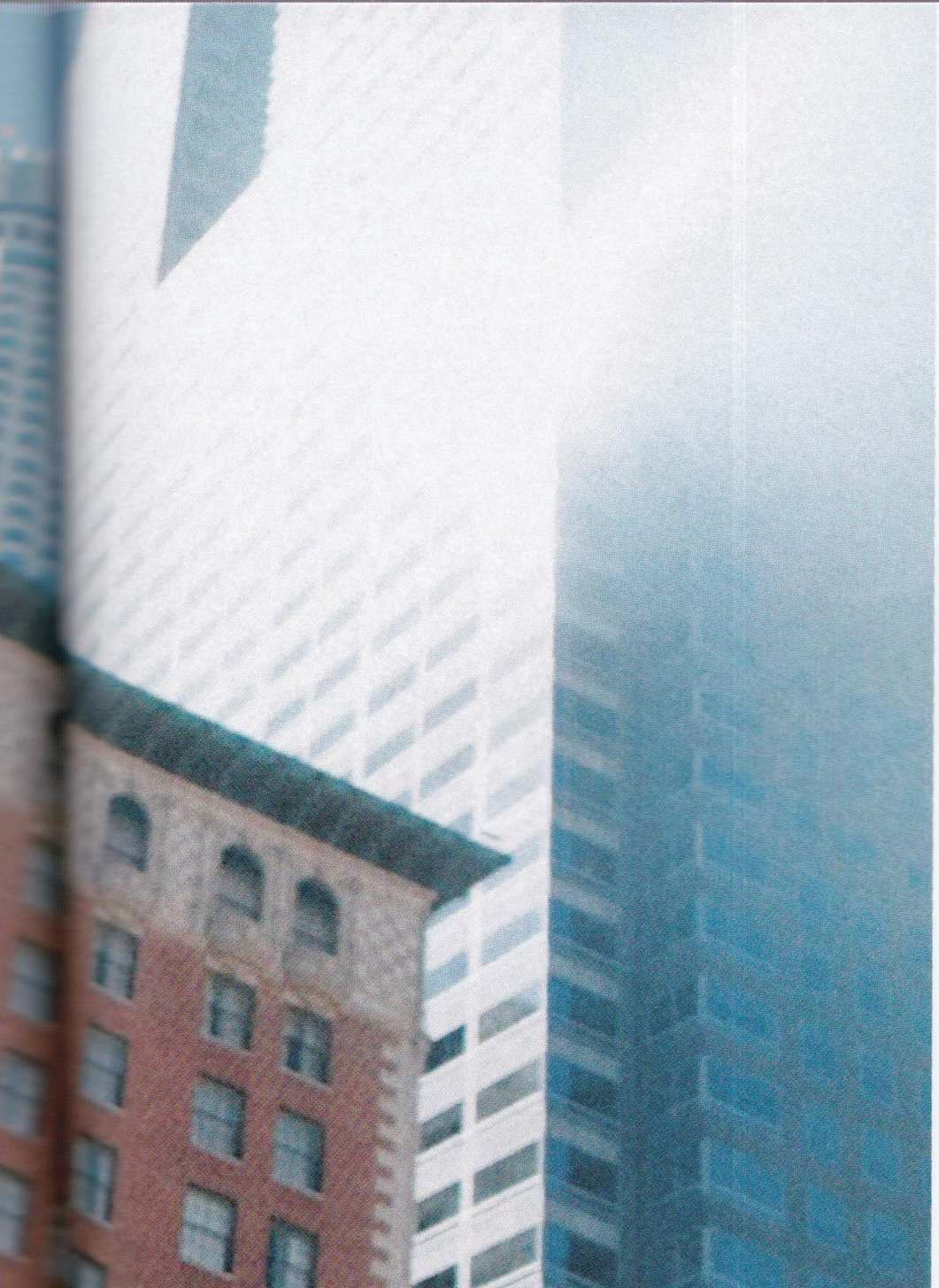
The story of how Bart van der Linden fought to become a world champion in order to support his family.

It's funny how parkour has unintentionally been a big part of his life already. When he was about four months old, I brought him to 4 the Love of Movement (big parkour jam) where at some point he was napping in my hammock while I was training. When he woke up, I wasn't there, but Erik Mukhametshin heard him and picked him up to hold him until I got there. He's been around parkour people so much he thinks everyone can do a backflip. It was eye-opening to him that there are people that can't flip. Besides being surrounded by the parkour scene, I take him to our nearby gym and let him play around a bunch. Naturally, he finds challeges that he wants to conquer, which is really cool. I teach him things when he wants to learn, and I show him some cool moves here and there. I don't like to push him to do parkour because I think it will ruin the fun of it. Sometimes he's more into skateboarding or soccer, and that is okay too. I clearly see he has adopted the mindset of a tracer. He does not stop until he gets the challenge. He applies this also to skateboarding and soccer. My girlfriend and I sometimes get a little annoyed with his lust for challenges because everywhere we go, he needs to walk on a ledge or jump a curb or whatever. This is all fun and games until you are in a hurry and have somewhere to be. When I tell him there is no time to do that jump, he starts crying and gets mad. But what more could I ask for?

PAUL DARNELL

Being a parent is like running in place on ice for 24 hours while holding a 55-pound bag of diamonds and trying to drink a cup of coffee. It's pretty much that easy.

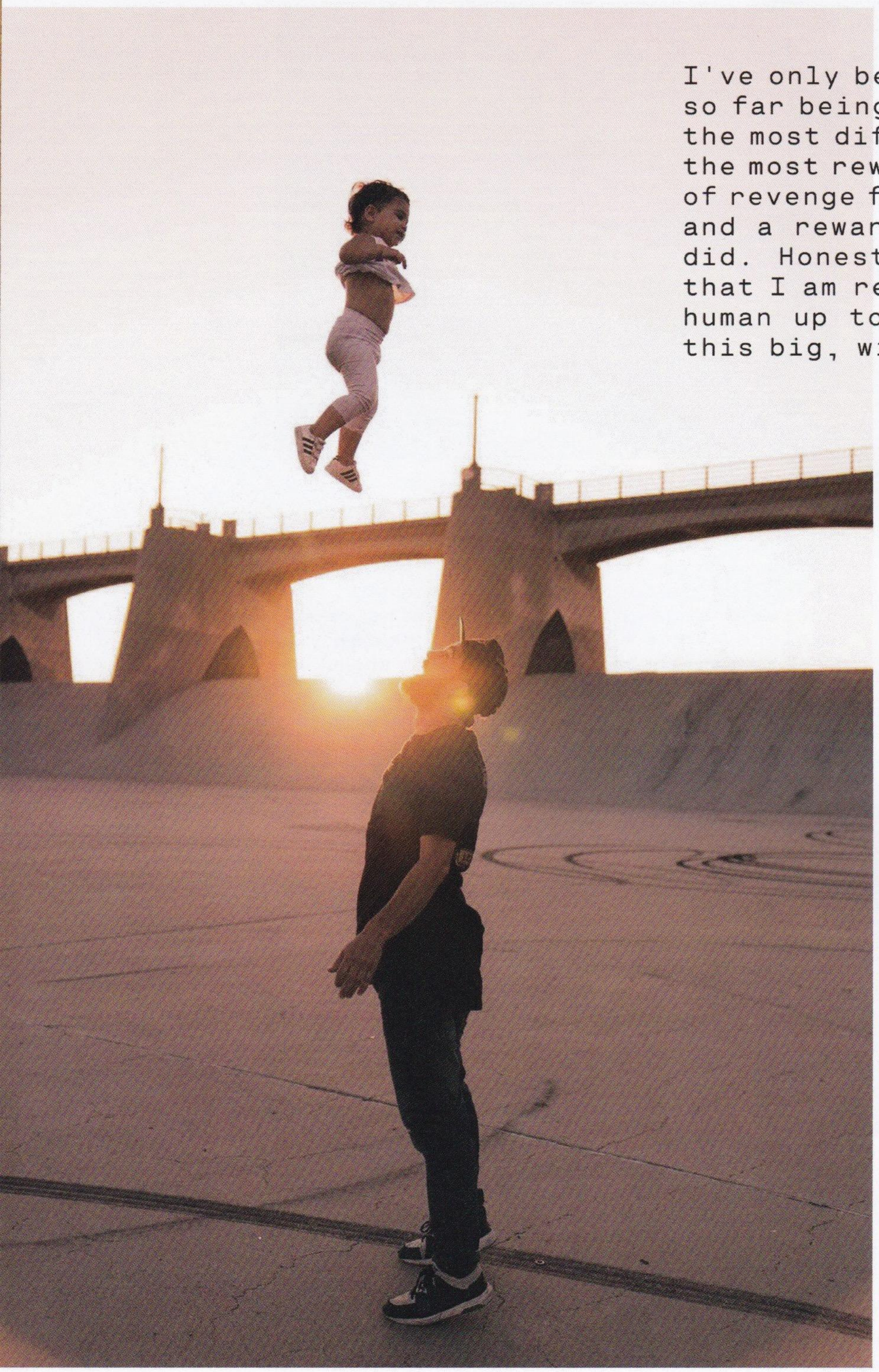
The life of a freerunner is very spontaneous. Training sessions usually occur within one hour when you decide to train. You can just get up and go. Being a parent makes you work on time management. I definitely don't train as much as I used to, but when I do train, it is more focused because I know I have limited time. I'm much more efficient with my time. My dedicated training time usually occurs when the kids are in school, and I tend to focus on learning new skills or training in areas I wouldn't feel comfortable bringing my kids. When I'm home with the kids, training becomes a little harder, but I use the time with them to just play and build obstacle courses and show them a little bit of parkour.



I have learned that parkour truly is innate. Kids just want to run and jump and climb. The childlike nature of parkour is what drew me to it; discovering what our bodies are capable of is something we all explore. I see my kids finding new things they can physically do every day, and they are always pushing it. We all start off doing parkour.

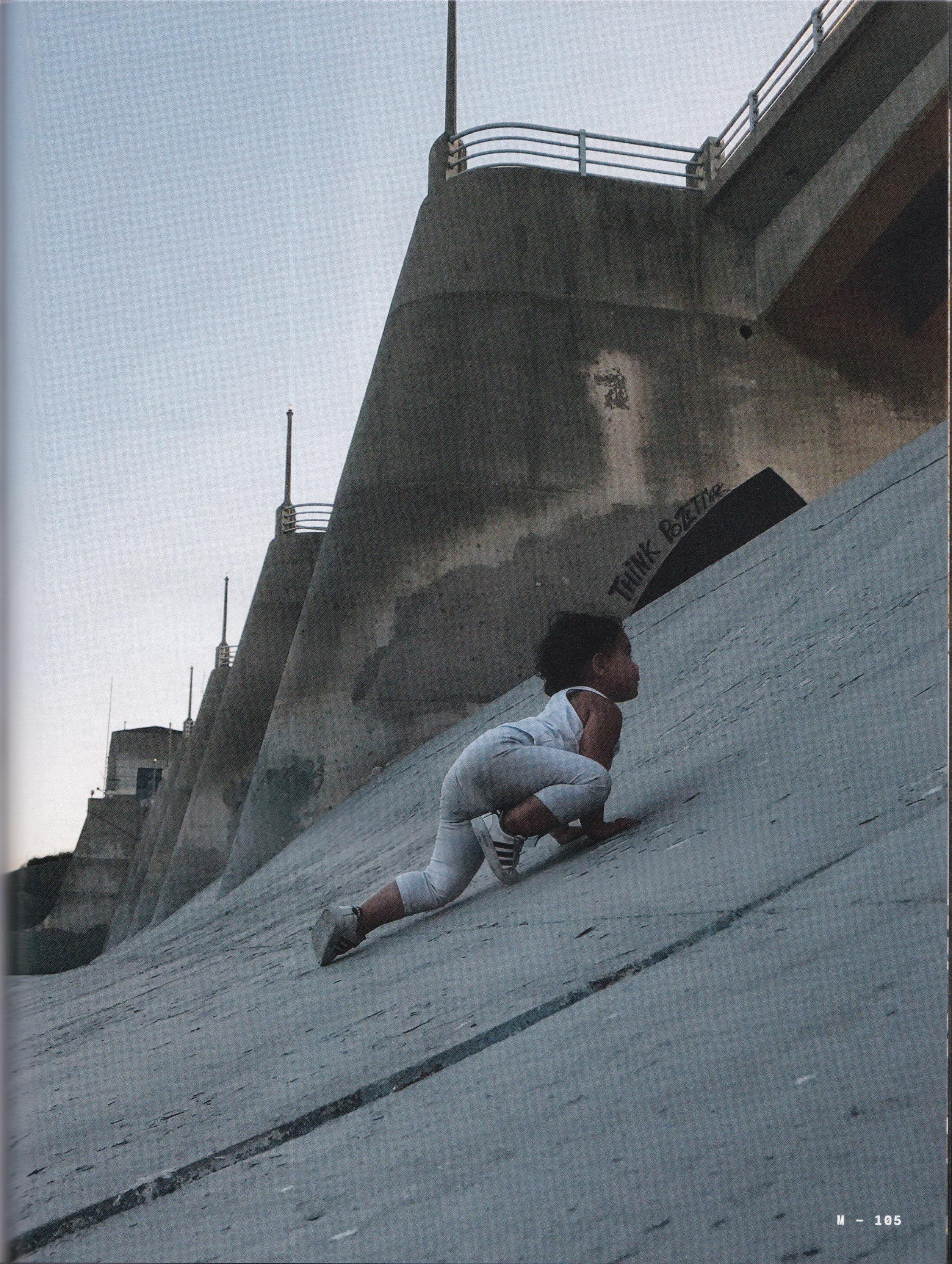
Parkour has been a huge part of my life, I've pretty much based my life around it. From looking for the quickest route when traveling somewhere, to eating the most efficient food for my body. The lesson I've learned from parkour into parenting is "be strong to be useful." What I mean by that, is I try to be involved as much as I can with them. To play with them and be a source of knowledge, inspiration, and protection. I want to be someone my children look up to, enjoy playing with, and learn from.

Parkour is already a part of their lives. I'm slowing turning our house into a parkour playground. We have a bar setup in the backyard with an AirTrack, mini tramp, and mats. Inside our home, we created a playroom decked out with a gymnastics spring floor, spotting blocks, mats, swings, and ropes to climb. They might not even realize it yet, but they are fully immersed in a parkour environment. My wife and I encourage them to play and move their bodies. She and I love to train, and we both hope that by creating an environment that is fun to play in, they will carry a mentality that movement is fun, strength is beautiful, and that you don't have to stop playing when you grow up.



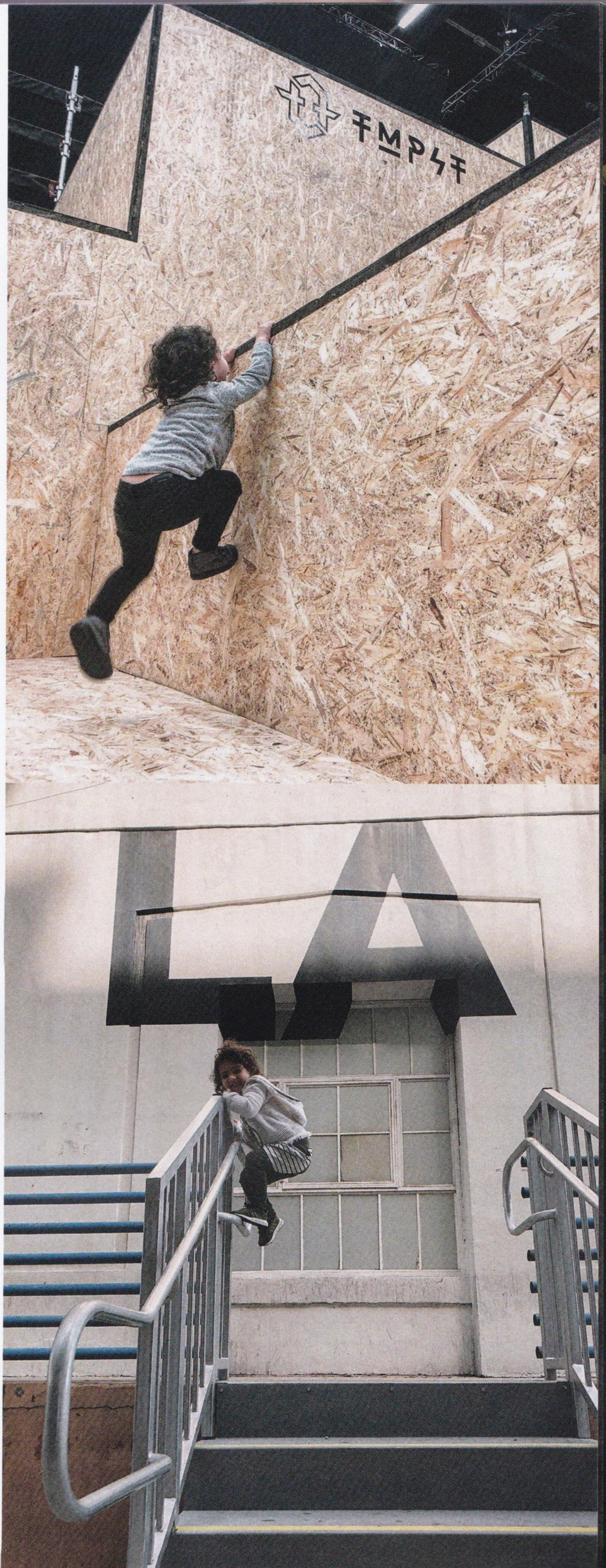
I've only been doing it for four years, but so far being a parent is amazing! It's both the most difficult thing I've ever done and the most rewarding. It's like a combination of revenge for all the shit you did as a kid, and a reward for all the good things you did. Honestly, it's just crazy to think that I am responsible for setting a little human up to be able to handle herself in this big, wild world!

I feel my situation may be a bit unique compared to other parents who are still training. For me, I was already focused much more on running Tempest than I was training, so you have to learn to use your time much more wisely! For instance, instead of training for hours and hours at a time, you really have to consolidate and create a more focused style of training so you can accomplish the same amount of progression. All that said, I'm kinda in chill mode, and I train for fun without pushing myself much as an athlete anymore. Aside from that, I just play ball every day to keep the body in shape and feed my competitive side.


THINK POZITIVE

Parkour has taught me so much about my own emotional reactions to difficult situations, so I think I deal with the trickier side of parenting fairly well and not with emotional overreactions. Any parent will tell you that's one of the harder things to master. I also pride myself on being good at finding solutions and dealing with failure in a way that doesn't impact my ability to continue improving or growing. That heavily translates into how I raise my daughter. I constantly put her in challenging predicaments that she can fail at, and then subsequently figure out a way to succeed or overcome. That said, I don't think parkour is specifically more beneficial to becoming a good parent than any other sport. I think team sports have also taught me a ton when it comes to my ability to work with people, which translates into my ability to be a good teammate to my partner and my child in the family setting.

Aside from the fact that she's loving classes at our academies and always trying ridiculous challenges with me wherever we go, parkour will be both directly and indirectly a very large part of my child's life. Most of her friends and influences are the badass humans from Tempest that we're lucky enough to have in our circle. On top of having a great traditional family, my daughter is being raised amongst pro athletes, incredible coaches, great members of our staff, and a handful of stuntmen and women that I work with in the film industry. We literally keep her surrounded by greatness. Not because we have any specific ambitions for her, but because we truly believe great vision comes from surrounding yourself with others who have it. My daughter, Naya, is four now and she's been to Santorini for Art of Motion, to Sweden for Airwipp Challenge, and to pretty much every Tempest event we've had. We do that because we want her exposed to a community of passionate individuals who are pushing to make this world we live in better in some way, shape, or form. Since my upbringing was a bit different, I am excited to see what effect these influences have on her as she grows.



FEATURED – **GABRIEL NUNEZ** @GABRIELNUNEZ1
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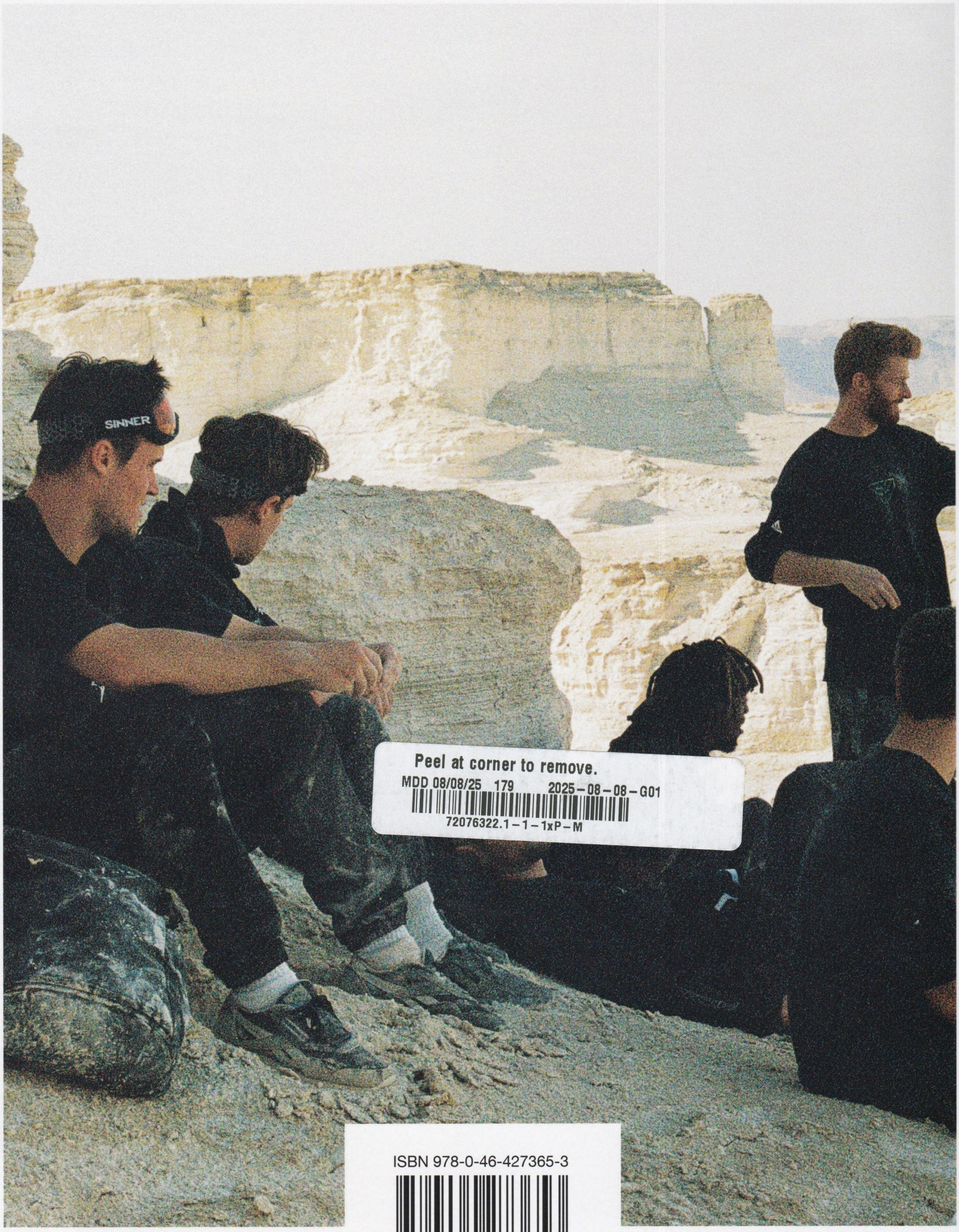

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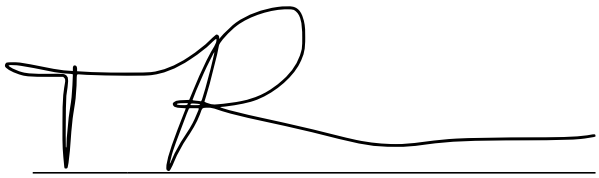

signed by: Trystan Puckhaber
CEO and Board Representative
10/17/2025